

Person-Centered Therapy

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Theories and Foundation

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The Person-centered approach is the modality that views clients from a human nature perspective. It assumes that humans are the expert in their lives and can make changes to them. If you give humans the proper conditions, they can move forward with their lives. This type of therapy is grounded in that the client knows what's best for them and the quality of therapeutic relationship is actually more important than any diagnose or treatment. Therapist are encouraged to be Genuine, to provide unconditional positive regard and to be accurate empathic understanding which means that they grasp the subjective world of their clients. The therapist works together with the client and they do not value traditional assessments and diagnosis. You have to give the client a opportunity to express how they feel and validate their feelings. You want to motivate them with your support and make them feel like they are being understood.

The person-centered theory approach when I look at Conrad explains his behavior and his reactions very well. All Conrad ever wanted was to be loved by him mother. He never truly processed the emotions he was feeling about losing his brother in the boat accident so he repressed those emotions because it hurts to much to feel. He blamed himself for his brother dying and therefore he blamed his mother lack of love as it was his fault as well. He would have burst of emotional expressions for example when he was speaking to him mother and then started to bark because he did not want to continue speaking with her.

If I were Dr. Burger and I am treating Conrad, I would try my best to make him feel understood and provide unconditional positive regards. This way he can fully express his feelings with me, and we can then talk about what lead to that feeling and why is he repressing them. I would also not focus so much on a diagnosis and assessment but rather I would try to be

as genuine as possible and provide accurate empathic understanding. Conrad will benefit from just having a therapist who he can express how he feels and make him feel understood.

I think this approach would be very helpful for Conrad. Conrad was hospitalized for trying to kill himself but when you really study his life, he was just grieving over the death of his brother, and he was also dealing with lack of affection from his mother. This type of therapy is great for Conrad because he does not need to be assessed and diagnosed, he just needs to be listened and understood by someone. By doing this, you are giving him a genuine relationship that is satisfying a very big need in his life.

References:

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