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PSY 444_ Psychotherapy (OA)

Unit 4 Essay

Chapter six

Questions 1.

The existential view holds that human nature is free, with the freedom to make decisions and shape its own life, while every choice comes with responsibility. It does not believe that human is fixed and restrained from the external factors, rather humans are continually evolving and changing, transitioning and are in responsibility to make choices upon varied development stages in life. I see that Existential perspectives echo the Christian point of view about human and its freedom, and how the freedom of choices has its responsibility for its consequences. That is, humans have free will to make choices in life, and are free to decide on their actions, while every action comes with its consequences.

However, from the Christian's view point, humans can be truly set free by accepting Christ as our personal savior, and aware of our sins and recognize God's the father the Son and the Holy Spirit working in our lives. Because, by fully understanding our identity as the daughter and son of God, we are able to have the father's lens view ourselves more clearly. As knowing He is the creator of humans and the earth, we can then better understand our existence and purpose, that each has its own destiny that He has made us as who we are individually and uniquely. I see that the core value of freedom and responsibility in Existential perspective is framed in part in the Christian understanding of human nature, while it emphasizes on individuality and rejects the root of Christianity of Christ and God's existence.

Questions 4.

The essence of the existential view of human nature is the main purpose are more based from the philosophical point of view. The main core idea is that individuals' life process is constantly evolving, changing, and it is because of such unpredictable characteristics that people are prone to anxiety. The replaceable uniqueness makes individual always feel lonely in life, and it makes questioning self of the meaning of life.

Therefore, the goal of existential therapy is to help clients find the meaning of life from life experience, thereby reducing anxiety and depression and raising expectations for life. When the client finds the meaning of life, he or she can also use this belief to face various life experiences. Existentialism holds that psychological problems are rooted in four existential propositions: death, freedom, loneliness, and meaninglessness. No one can avoid the anxiety caused by these four existence propositions, and the defense against these anxieties leads to various psychological problems and even mental illnesses.

In psychological counseling, counselors will mainly help clients find new meanings in their life experiences, and help them use the new meanings they find to set life goals again, thus gradually reducing emptiness and doubts in their life.

Questions 9.

Frank established "logotherapy," which means "treating with meaning" (will to meaning"). this is base on the philosophy thought that sheds light on how to live a life of is full of purpose and lively. The main focus of this therapy is: under any circumstances, "life has meaning"; the core motivation of life is to deliberately live meaningfully, and in order to live to it fullness, we are to

find the value in our life and leading by the meaning of the individual's life with the mind, the body, and the spirit.

That is, Freud's view of human was driven by "will to self pleasure," while Adler's focus was on "will to power"; but for Frank, the greatest driving force of human beings is "will to meaning." His theory reflects a theme: modern people have ways to live, but often have no meaning to live for them. The purpose of Frank's therapeutic process is to challenge the individual to find meaning and purpose through suffering, work, and love.

Basis on freedom, choices and responsibility, and how human is continually evolving in shaping their own life, that existential therapist aiming at assisting a client exploring their self-awareness and understanding what is value to them in their current life rather than pathology their symptoms and do not constrain their therapy to merely techniques. They would view and search the meaning of life of clients' by the awareness of death and anxiety, with the understanding of human freedom and responsibility. Frankl's views of meaninglessness as existential neurosis that human's experiences the meaninglessness in modern life due to their inability to see worth and value living in their life, and lead to the emptiness of identity in existence in the world. This is the existential vacuum that results individual to experience the anxiety and issue psychologically and physically.

Questions 14.

I see that Existential approach can provide broaden view on human nature that leads to the generally human questioning though death, anxiety, loneliness, love, responsibility to understand the meaning of life that is suitable to varied of culture and diversity of ethnicity. This practice

and its approach through deep questioning, while providing a new dimension in looking at life through reflections on the limits of life length, is a human problem regardless of cultural background. That is, Existential can easily be integrated with other therapy method for the holistic therapeutic approach in accordance with varied clients.

However, the Existential approach may overlook the culture constrains and environment factors, as the racism issue that the oppressed group from a certain cultural background. That is, it over stress on individualistic, and how it choices and responsibility are the only result to life struggles, while overlook the causes of environmental and perhaps the social injustices. For some clients who may need a more targeted approach and practical techniques, the changes in their lives may be difficult to bear fruit and leading to effective therapy.

Chapter Seven

Questions 19.

The person-centered perspective is to view human as self-direct, and self-capability to achieve the self actualization of the best of self. I see that person-centered therapy can be self-centered and can lead to selfishness while conflicting with the Christian faith. That, God calls us to be selfless and only through him we can find the purple of life.

Person-centered approaches is aiming at the positivity of human's self directly, and how human's ability to search for the best of self and get to know themselves by self awareness. It seems to me that Christian's point of view on human is to put our trust on God, and aware that

the Holy Spirit can take in part for help, while He can best lead us to find our true identity and the purpose of our life.

In general, I see how person-center perspectives have put their faith in humanity, while Christianity believes that human failed and sinned entered, and while we are incapable to provide the solution to the sin and fallen of humanity and the world, that God sent his beloved only son, Jesus Christ as the salvation and mediation to save, heal, restore, and he is the core of life living. This understanding leads to true identity and a restoration of purpose in one's life.

However, I do think that person-centered therapy is acceptance and openness to the client, whatever their problems, as they align with a Christian perspective. Jesus called us to be authentic and love others unconditionally. And It emphasis on the positive relationship with others is aligned with the Christian's point of view that relationship is key, with Christ and with others, that caring and response is loving and leading to the effective positive outcome of self-change. That is, the congruence and the genuineness that person-centered approach are how Christian therapist can be align in their practice of counseling.

Questions 22.

Person-centered approaches is to take insight of clients world and to reflect that understanding, and it emphasis on the relationship between the client and the therapist. It views human nature as it capability to self-direct and trustworthy, that every individual is able to lead themselves in search for best and purpose of living their life and problem solving, that achieves to self-realization and self-actualization.

That person-centered therapist is to be congruence and authentic in the present with the client, rather than the directing and leading position, the therapist is to be responsive, empathic, accepting as an attentive listener. The process of the counseling session of the person-centered approach is as a cooperative work in equality, while counselor works as the tourist guide in the client's self understanding in life and views with the clients. Clients are responsible for directing themselves and finding values and purpose of life. That is, person-centered therapy is a joint therapeutic process in which the client strives to achieve the best motivation for self-actualization.

Questions 23.

Roger's view human nature as individual has ability to make steps toward self understanding and make improvements and progress in life. He believes that clients are the expertise of their own internal experiences and are capable to make constructive changes.

The implication of his therapy demonstrates that therapist is to be congruence, unconditional positive regard and accurate empathic understanding (Gerald Corey, 2013). That is, the therapist is to provide a climate of encouraging the growth and progress, that client is supported and promoted to make positive and constructive growth. For the therapist is to be nonjudgmental and accepting to client's openness and self-direct, that it fosters their ability to build a constructive relationship with self and others. Roger's views on the actualization tendency is the belief that human is inclined to the healthy psychological state of human life, rather than maladjustment mental condition, that individuals is innately engaging in self progress and improving, and the ability to make self-fulfillment.

I agree that human is freedom to make choices and I appreciated the idea that positivity of humanity is capable to achieve the self-understanding and make constructive changes. However, I also realized how over generalized the positive psychology's view of human nature, that it may overlook the force of the fallen part of human nature and the social factors that can be powerful and influential to human. I agree with the idea to be supporting, encouraging, accepting, and the climate of progress promoting of this approach, and yet, However, it is important to understand the individual's other factors and environmental limitations for effective treatment outcomes.

Questions 24.

Abraham Maslow's work in humanistic psychology central his theory in self-actualization that he believes in human positivity and individual capability to self-direct.

Maslow is influential to Roger's view of human nature s positive and self ability to make self awareness and further striving for the best version of individuality. He is in contrary to Freudian's view that human are merely drives by instinct, passively by unconscious and fixed from their past negative experiences. While Maslow believes and trust in human goodness, and studied the "self-actualizing people" in which he believes to be different from the normal people. That is, with his observation and research onto these "self-actualizing people," who are healthy in self understanding, authentic, autonomy and freedom, that they are resilient to many challenges in life, and facing differences with openness, good interpersonal relationship and a caring characteristic. The characteristic of these self-actualization people is the ultimate goal of person-centered therapy and it philosophy.

His well-known theory “hierarchy of needs” to provide as a dimension to understanding the sequence of human needs in levels. It is believed that the development of human motivation is closely related to the satisfaction of needs, and the levels of needs are different. The low-level needs are physiological needs, and the upwards are the needs of safety, love and belonging, respect and self-actualization.

He believes people are able to strive for self-fulfillment and Maslow’s contribution to positive psychology that emphasis on the good side of humanity and encourages for people in search for self-actualization toward the progressing and healthy self and the society.