

Eileen Rivera Salas  
Psych 444 Unit 4  
Chapter 7 Assignment questions

19. The Person Centered approach was highly influenced by Karl Rogers who was a very influential psycho therapist in his time and influenced many in the psycho therapy world. He believed that the person centered approach should be alive, vital and sound and if someone were to not adopt a person centered approach in their practice, they would be doing everyone in treatment a disservice since it is critical for everyone to use this to be effective. The foundational ideas of Person centered therapy are important and include conditioned relationship with a client, continued growth, creating a climate of safety for the clients backgrounds. An individuals relationship with their therapist would be very important and essential to their work done in therapy and would be necessary. What is also included and seen are the needs for realness to be practiced as well as adopting how to be yourself in sessions to create relationship. The importance of being yourself with all clients continued to be at the forefront of therapeutic work. It is important for therapists to look deep down and further than what clients present at surface level and continue to connect with them despite problems being different or looking different. The relationship should continue to be central to all sessions and remain consistent with the findings which will lead to change in the future of the therapy sessions. As a Christian therapist, the person centered approach to therapy would be consistent to a Christian point of view in many ways one of them being looking beyond what has happened and focusing on the client being a person and not just a client. I feel that this approach can also assist many with trying to figure out what triggers they can have as well as what other options can be looked into despite the differences presented. Existential ideas being seen as something beneficial for clients in this format can also work hand in hand with a Christian world view because it can assist with

providing answers for clients. As a Christian therapist we must continue to seek out the clients best interest by also trying to be relational without over stepping any boundaries that can exist. Clients who do not have much of a choice or outlook in any of these forms can benefit heavily from seeing things through this perspective and this method can continue to be useful because it can make the therapist seem more intentional with their practices.

32. Carl Roger's views on diagnosis are understanding and applying the counseling process in depth which assists us to better engage with clients and their needs. This also helps us understand what is needed individually for each session and what requirements are needed to take place in order for us to jot down specifics with each client, our relationship with them and their needs. He also conducted studies at high levels which also provided more insight to what is needed for us as therapists to engage with clients and their needs. Carl Rogers was a huge contributor to research being backed up for anything related to psychotherapy and he created a new way of communicating with clients in order for us to commit to them on a personal and engaged level. He continued to push and give reasons for the person centered approach to be something more relational as opposed to something that needed to be by the book in order for it to be completed. When relating this to the current beliefs and the teachings of person centered therapy I believe it is extremely important to note that clients will need to establish relationship with their therapists first and this comes with a lot of responsibility and work. The work that is being put out for all of this to take place includes continued extensive research, concepts that are adopted by clinicians first, and leading by example with whatever it was that was brought to the table during this time. In reality, Carl Rogers continued to commit his teachings to the world by associating himself with those who are considered powerful or figures who hold a lot of weight for example policy

makers, leaders and people within groups that are considered to be leading some sort of conflict. I continue to believe that his work will continue to be something that leads and speaks for itself for decades to come and when using it in therapeutic practice will continue to benefit those who commit to therapeutic sessions.

36. Natalie Rogers and the contributions to the person centered approach.