

Esaieson Junior LADOUCEUR

Person-Centered Perspective

Question 21:

The existential approach sees human nature as open, flexible, and capable of a wide range of experiences. The person is in a constant process of becoming.

The person-centered approach is based on concepts from humanistic psychology.

The approaches of existentialism and humanism are similar in many ways, as they share a respect for the client's subjective experience and a trust in the client's ability to make positive and constructive conscious choices. Additionally, they both emphasize concepts such as freedom, choice, values, personal responsibility, autonomy, purpose, and meaning. The existential and person-centered approaches have parallel concepts about the client-therapist relationship in therapeutic practice. The phenomenology that underlies the existentialist approach is also fundamental to person-centered theory. Both approaches focus on the client's perceptions and require the therapist to enter into the client's subjective world.

However, they differ in how they view complex situations compared to human beings. Existentialists consider that we face the anguish of choosing to create an identity in a world devoid of intrinsic meaning, while humanists believe that each of us has a natural potential that we can actualize and through which we can find a sense.