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Psy444
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Section 4

#19-The Person-Centered approach places the individual as the focus in the therapeutical process and the therapist is a companion and walks with the client side by side. The relationship with the client is the primary concern of the approach. Empathy, genuiness and positive regard are a way of allowing the client to be himself and to understand and meet the client were he is. Much like Christians, the therapist role is one of acceptance and support. God is the person in the Christian faith and the therapist in Person-centered approach.

#21- Existentialists believe that the task of identity creation is filled by anxiety caused by the lack of meaning in the world. While humanists don't focus so much on the anxiety but in the natural potential we have in ourselves and in the ability to find and creat meaning in our existence.

#25 -The goal of Person-Centered therapy is not to treat the illness but to assist the person in identifying themselves and to strive to achieve independence and integration. The therapist allows the client to grow and to define his own goals and expectations. The client is in the driver seat and the therapist is a passanger in the clients journey.

#31- I would like to use the client-therapist approach in being in the here and now, being empathetic towards the client and genuine. Allowing the client to set his own goals and being independent in his life.