

Journal 8

According to Corey's chapter, individuals can move forward and become what they are capable of becoming unconditional positive regard, which means accepting and caring. On other hand, unconditional positive regard describes an essential attitude that person-centered therapists adopt toward their clients, promoting growth and personal change. As mental health professionals, therapists recognize that they must deeply value their client's humanity while being undeterred by any particular client behaviors for a successful outcome. Typically, the client experiences this as ongoing acceptance, understanding, and warmth. While recognized as an attitude, unconditional positive regard can be learned through practice and good technique, encouraging change in the client and a positive outcome from therapy. Carl Rogers is considered as one of the initiators of unconditional positive regard theory and defined this theory as the deep and genuine caring for the client as a person, accepting clients and not judging their thoughts, feelings, emotions, etc. However the accurate empathic understanding is considered as the therapist senses the client's feelings as if they were his or her own without getting lost in those feelings. I would like to define the empathic understanding with one great example provided by Rodgers (1975), accurate empathic understanding is as follows: "If I am truly open to the way life is experienced by another person...if I can take his or her world into mine, then I risk seeing life in his or her way...and ofbeing changed myself, and we all resist change". On the other hand, genuineness is considered in the Corey's chapter as the unadulterated and congruent external display of an individual's actual internally recognized values, beliefs, emotions, and other perceptions of themselves including the world they exist in. Genuineness is when the therapist says and what's/he/she does match up; what they say is said with the corresponding feeling; they are

prepared to tactfully disagree with you at points; they are willing to be their own individual selves, they do not try to copy you.