

Sairam Babu

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Person-Centered Therapy (PCT) is a therapy modality that was developed by Carl Rogers from the humanist perspective. Rogers's overall assumption was that the client had all the resources they needed in order to solve their problem. PCT employs many concepts that stem from humanist philosophy such as the actualization tendency, which is the belief that human beings have an innate desire to grow and thrive, that people can change themselves, and people can heal in an environment of unconditional acceptance.

I struggle with PCT and how it can be incorporated into my therapeutic approach because I struggle with its humanistic foundations. While I don't believe that people are inherently good, capable of changing themselves or are self-determining beings, I do find myself agreeing with a lot more than I thought. I agree with PCT that healing can and often does happen when the client feels unconditionally accepted. Not to say that the therapist has to agree with the client on everything but that the therapist should create an environment where the client feels that they can be themselves and focus on their presenting problem. Additionally, I think a non-directive approach can be beneficial depending on the circumstances. I think I would feel more comfortable applying a directive or non-directive approach as needed so as to meet the client's needs and state of mind.