

HUMANISTIC APPROACH

CC-11 (Counselling Psychology) Unit 2; SEM III

by

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Humanistic Approach

- ❑ **Person-centered Counseling**
- ❑ **Existential**
- ❑ **Gestalt**

Person- Centered Counselling

Founders/Developers:

Carl Rogers (1902-1987).

Applications:

- Groups
- Families
- Communities and
- Individuals

View of Human Nature

- People are:
- Essentially good
- Positive
- Forward Moving
- Constructive
- Realistic and trustworthy
- Aware, inner directed
- Moving towards self-actualization from infancy.

Role of the Counselor

- Holistic role
- Sets up and promotes a climate to explore all aspects of life
- Develop counselor-client relationship
- Work as a facilitator
- Process expert and expert learner

Goals

- Assist people in learning how to cope with situations
- Helping the client become a fully functioning person
- Helping person develops a greater acceptance of self and others
- Help person become a better decision maker
- Help to identify, use, and integrate his or her resources and potential

Techniques

- 1. Empathy**
- 2. Unconditioned positive regard**
- 3. congruence**

Strength and Contributions

- Applicable to a wide range of human problem
- The approach has generated extensive research
- Effective in a number of settings
- Short term
- Helpful on clients who have experienced tragedies
- Laid foundation for training many professional workers

Limitations

- Deals only with surface issues
- More attitude than a technique based
- Too simplistic, optimistic, leisurely and unfocused for clients in crisis
- For best results it depends on bright, insightful and hardworking client
- Ignores diagnosis, the unconscious, developmental theories and innately generated sexual and aggressive drives