

CHARACTERISTICS OF EFFECTIVE COUNSELORS

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

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The three main core conditions that Carl Rogers considered essential for effective counseling are:


- 1) Unconditional positive regard-*Unconditional positive regard* as a technique that involves showing complete support and acceptance of psychotherapy clients.
- 2) Empathy- The ability to understand and share the feelings of another.
- 3) Congruence- Congruence is a state in which a person's ideal self and actual experience are consistent or very similar. However, Rogers felt that it was rare for a complete state of congruence to exist and that all people experience a certain amount of incongruence.

- Effective therapists have an identity. They know who they are, what they are capable of becoming, what they want out of life, and what is essential.
- Effective therapists respect and appreciate themselves. They can give and receive help and love out of their own sense of self-worth and strength. They feel adequate with others and allow others to feel powerful with them.
- Effective therapists are open to change. They exhibit a willingness and courage to leave the security of the known if they are not satisfied with the way they are. They make decisions about how they would like to change, and they work toward becoming the person they want to become.



- Effective therapists make choices that are life oriented. They are aware of early decisions they made about themselves, others, and the world. They are not the victims of these early decisions, and they are willing to revise them if necessary. They are committed to living fully rather than settling for mere existence.
- Effective therapists are authentic, sincere, and honest. They do not hide behind masks, defenses, sterile roles, or facades.
- Effective therapists have a sense of humor. They are able to put the events of life in perspective. They have not forgotten how to laugh, especially at their own foibles and contradictions.



- Effective therapists make mistakes and are willing to admit them. They do not dismiss their errors lightly, yet they do not choose to dwell on misery.
 - Effective therapists generally live in the present. They are not riveted to the past, nor are they fixated on the future. They are able to experience and be present with others in the “now.”
 - Effective therapists appreciate the influence of culture. They are aware of the ways in which their own culture affects them, and they respect the diversity of values espoused by other cultures. They are also sensitive to the unique differences arising out of social class, race, sexual orientation, and gender.
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- Effective therapists have a sincere interest in the welfare of others. This concern is based on respect, care, trust, and a real valuing of others.
- Effective therapists possess effective interpersonal skills. They are capable of entering the world of others without getting lost in this world, and they strive to create collaborative relationships with others. They do not present themselves as polished salespersons, yet they have the capacity to take another person's position and work together toward consensual goals.



- Effective therapists become deeply involved in their work and derive meaning from it. They can accept the rewards flowing from their work, yet they are not slaves to their work.
- Effective therapists are passionate. They have the courage to pursue their passions, and they are passionate about life and their work.
- Effective therapists are able to maintain healthy boundaries. Although they strive to be fully present for their clients, they don't carry the problems of their clients around with them during leisure hours. They know how to say no, which enables them to maintain balance in their lives.



**Thank
You**

