

# Humanistic Theories

- Third Force (**1<sup>st</sup> force: Psychodynamic Theory, 2<sup>nd</sup> force: Behavioral Theory, 3<sup>rd</sup> force: Humanistic Theory**)
- **Human Dignity** is missing in previous Approaches
- Responsible for our action
- Responding to the situation is our own choice.
- Emphasis on individuality and personal Expression.

# Carl Rogers (1902-1987)

Focused on growth and fulfillment of individuals

- genuineness
- acceptance
- empathy



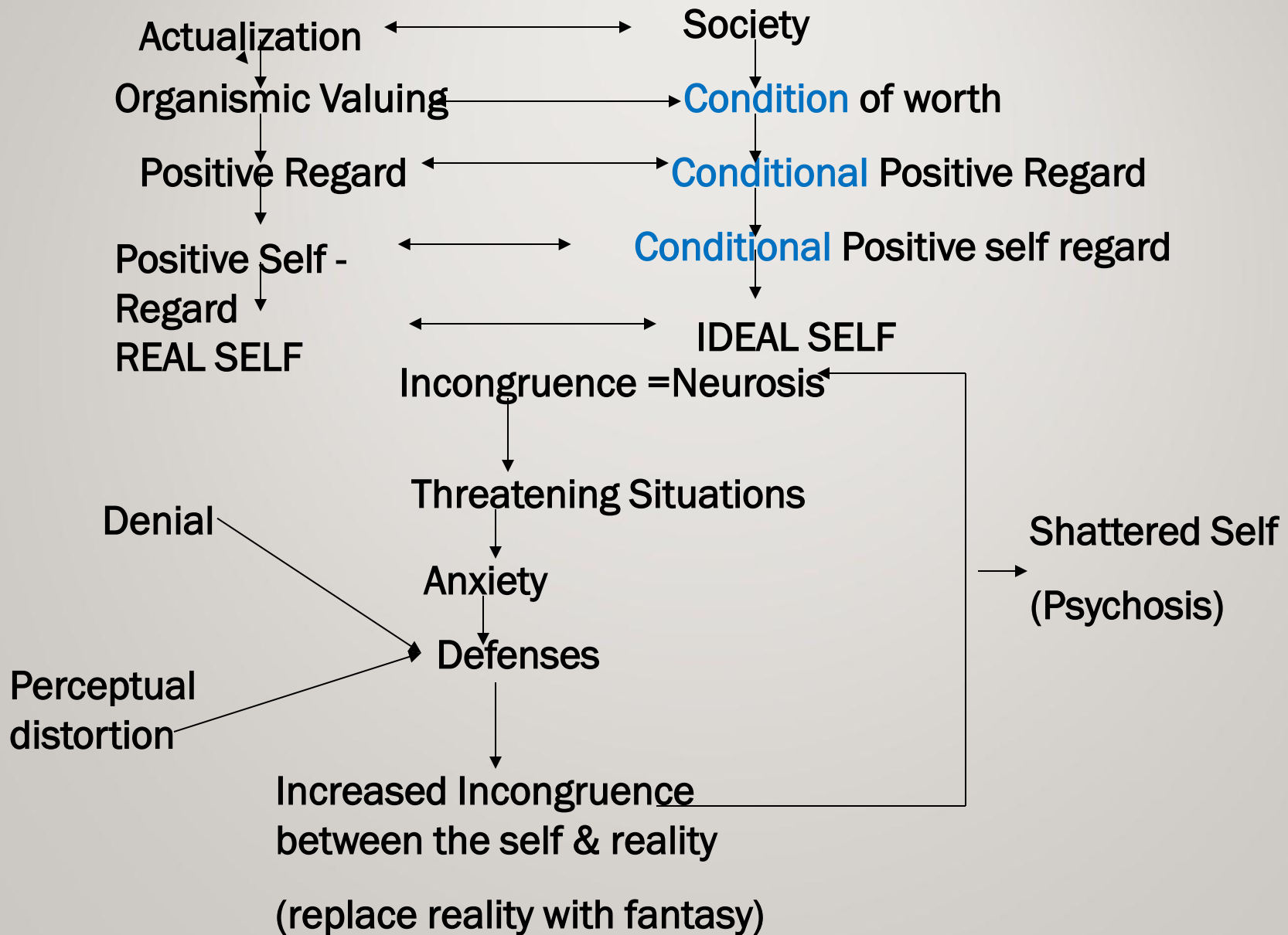
# Personal Responsibility

- Not have to (Conditional -----)
- Choice
- Active shaper
- **The Here & Now (not past & future)**
- Today is the first day of the rest of the life.
- **The Phenomenology** of the individual: (structures of consciousness as experienced from the first-person point of view)
- Personal Growth.

# CARL ROGERS`S SELF THEORY

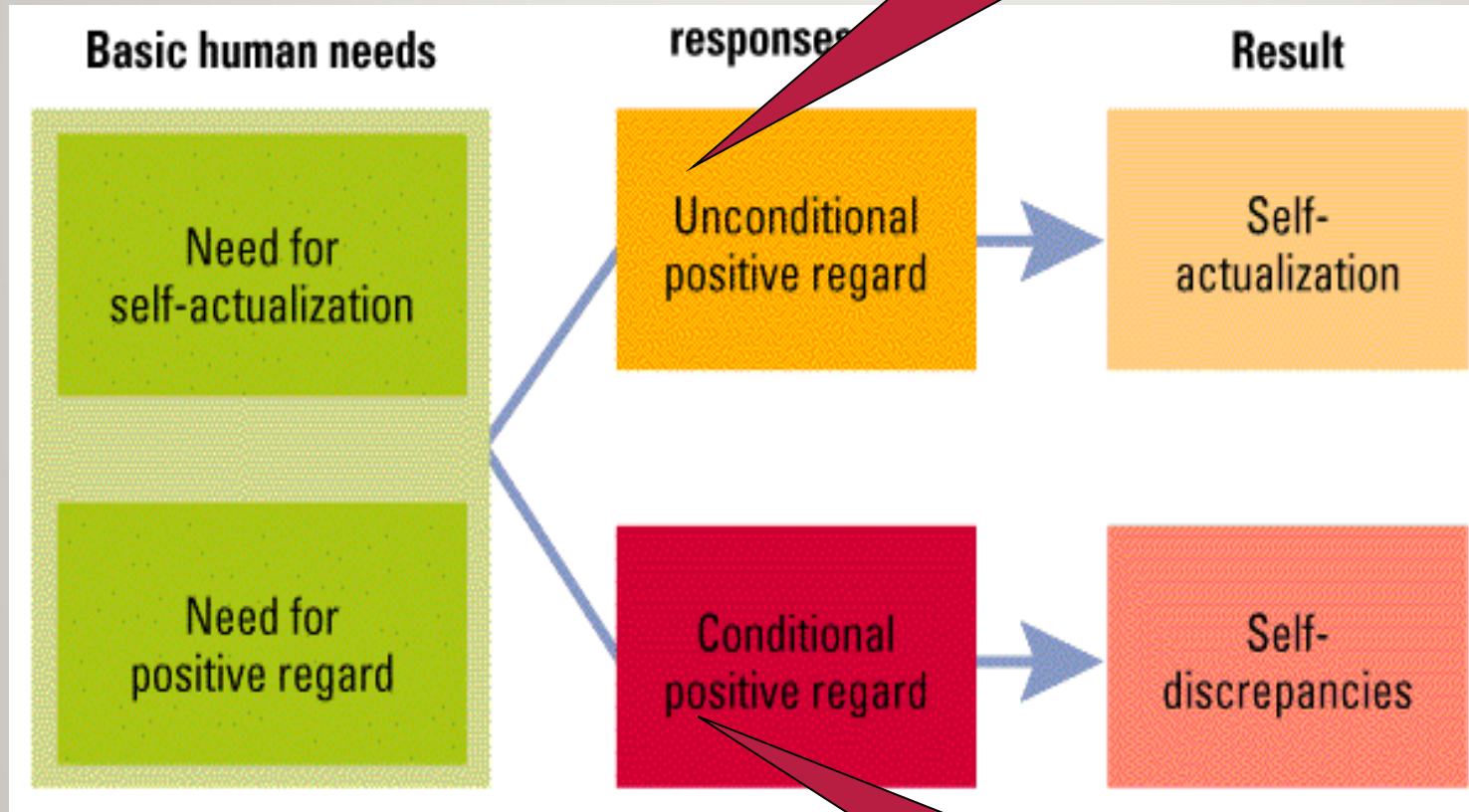
- ✓ Actualizing Tendency (e.g. not just any food, but food that tastes/values good)
- ✓ Phenomenological field
- ✓ Organismic valuing process
- ✓ Positive regard (like love, affection, attention, nurturance, and so on)
- ✓ Positive self regard (self-esteem, self-worth, a positive self-image)
- ✓ Conditions of worth
- ✓ Conditional positive regard
- ✓ Conditional positive self regard

- Rogers tells us that organisms know what is good for them. Evolution has provided us with the senses, the tastes, the discriminations we need: When we hunger, we find food – not just any food, **but food that tastes good**. That what good and bad tastes are – our evolutionary lessons made clear! This is called **organismic valuing**.
- Among the many things that we instinctively value is **positive regard**, Rogers umbrella term for things like **love, affection, attention, nurturance, and so on**. It is clear that babies need **love and attention**. They certainly fail to thrive if not getting love.
- Another thing – perhaps peculiarly human – that we value is **positive self-regard**, that is, **self-esteem, self-worth, a positive self-image**. We achieve this positive self-regard by experiencing the positive regard others show us over our years of growing up. **Without this self-regard, we feel small and helpless, and again we fail to become all that we can be!**



# CARL ROGERS' PERSONALITY THEORY

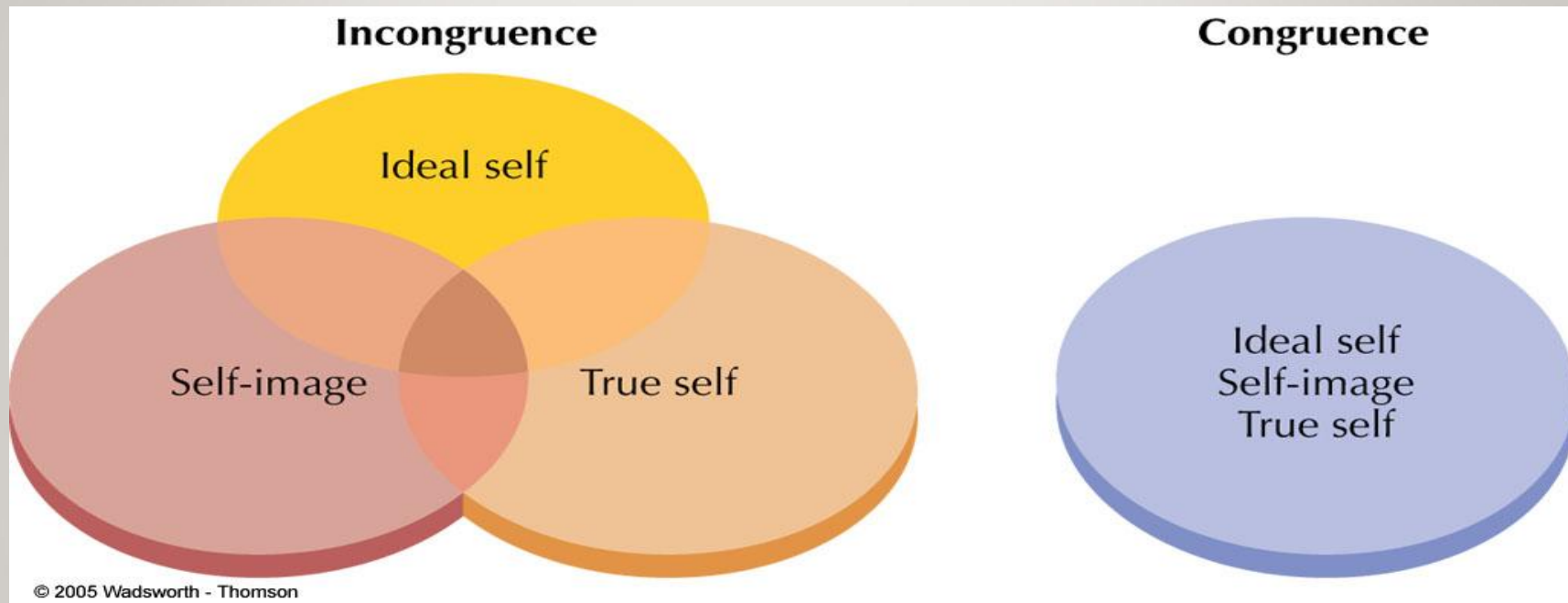
Love the sinner, hate the sin



I love you IF...







**FIGURE:** Incongruence occurs when there is a mismatch between any of these three entities: **the ideal self** (the person you would like to be), **your self-image** (the person you think you are – your perception ), and **the true self** (the person you actually are (authentic & actual identity)). Self esteem suffers when there is a large difference between one's ideal self and self-image. **Anxiety and defensiveness are common when the self-image does not match the true self.**



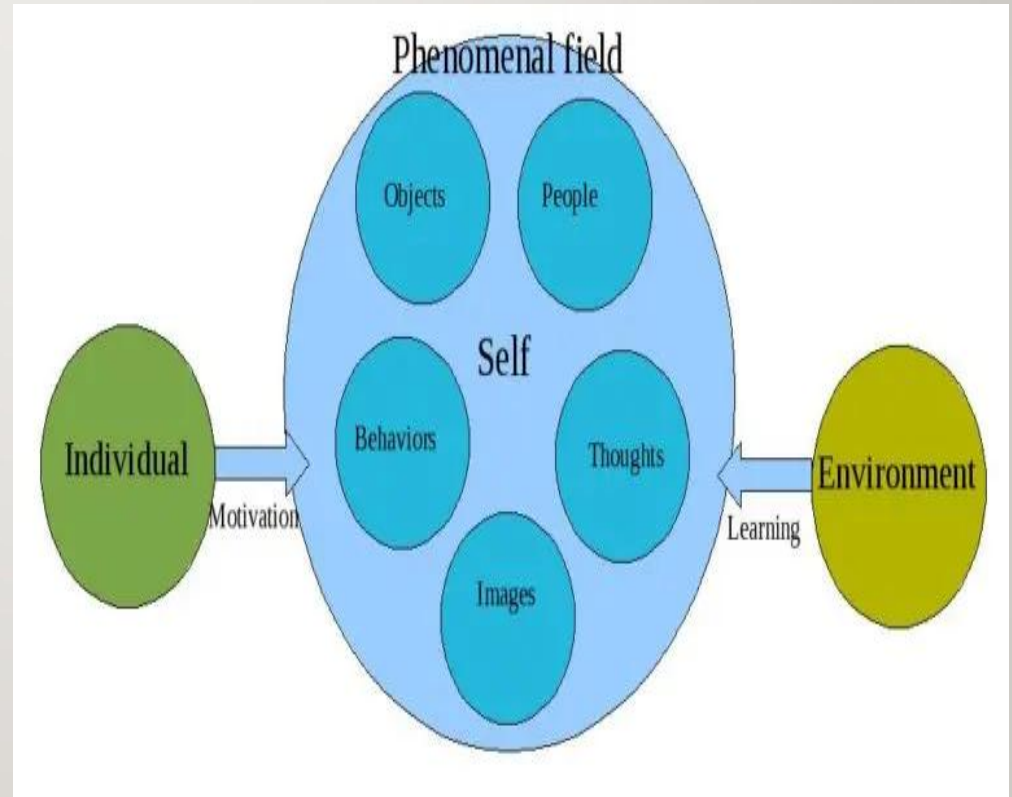
# INCONGRUITY

- Real self
- Ideal self
- Neurosis

## Defenses

- \* Denial
- \* Perceptual distortion
- \* Psychosis

Research Method: Q Sort Technique



- **Denial** : You block out the threatening situation altogether.
- Denial for Rogers as Freud called **repression\***: If keeping a memory or an impulse out of your awareness -- **refuse to perceive it** -- you may be able to avoid (again, for now!) a threatening situation.

\* **Repression** -unacceptable thoughts, impulses, or painful memories are unconsciously **pushed out** of conscious awareness and kept in the unconscious mind to reduce anxiety.

- **Perceptual distortion** is a matter of reinterpreting the situation so that it appears less threatening.
- It is very similar to Freud's **rationalization\***.
- \*Rationalization: a person **unconsciously gives logical or socially acceptable explanations** to justify behaviors, thoughts, or feelings that might otherwise cause guilt, shame, or anxiety.
- For example, a student that is **threatened by tests and grades may blame the professor for poor teaching, tricky questions, bad attitude etc.**

# The Fully Functioning Person (Rogers, 1961)

Characteristic	Description
1. Openness to Experience	Fully aware of their emotions, both pleasant and painful. They do not deny or distort feelings but accept them freely.
2. Existential Living	Live fully in the present moment — not bound by the past or anxious about the future.
3. Trust in Organismic Valuing	Rely on their inner feelings and judgment to guide behavior, rather than external authority or social approval.
4. Freedom of Choice	Feel free to make decisions, guided by self-awareness rather than external pressures.
5. Creativity and Adaptability	Express themselves creatively in daily life; flexible and open to new experiences.
6. Reliability and Constructiveness	Behavior is constructive, responsible, and beneficial to self and others.
7. Richness of Life	Experience life deeply and meaningfully — with joy, love, and awe — even in pain or struggle.

# THERAPY

- Non- directive therapy
- Client- centered
- Rogerian therapy

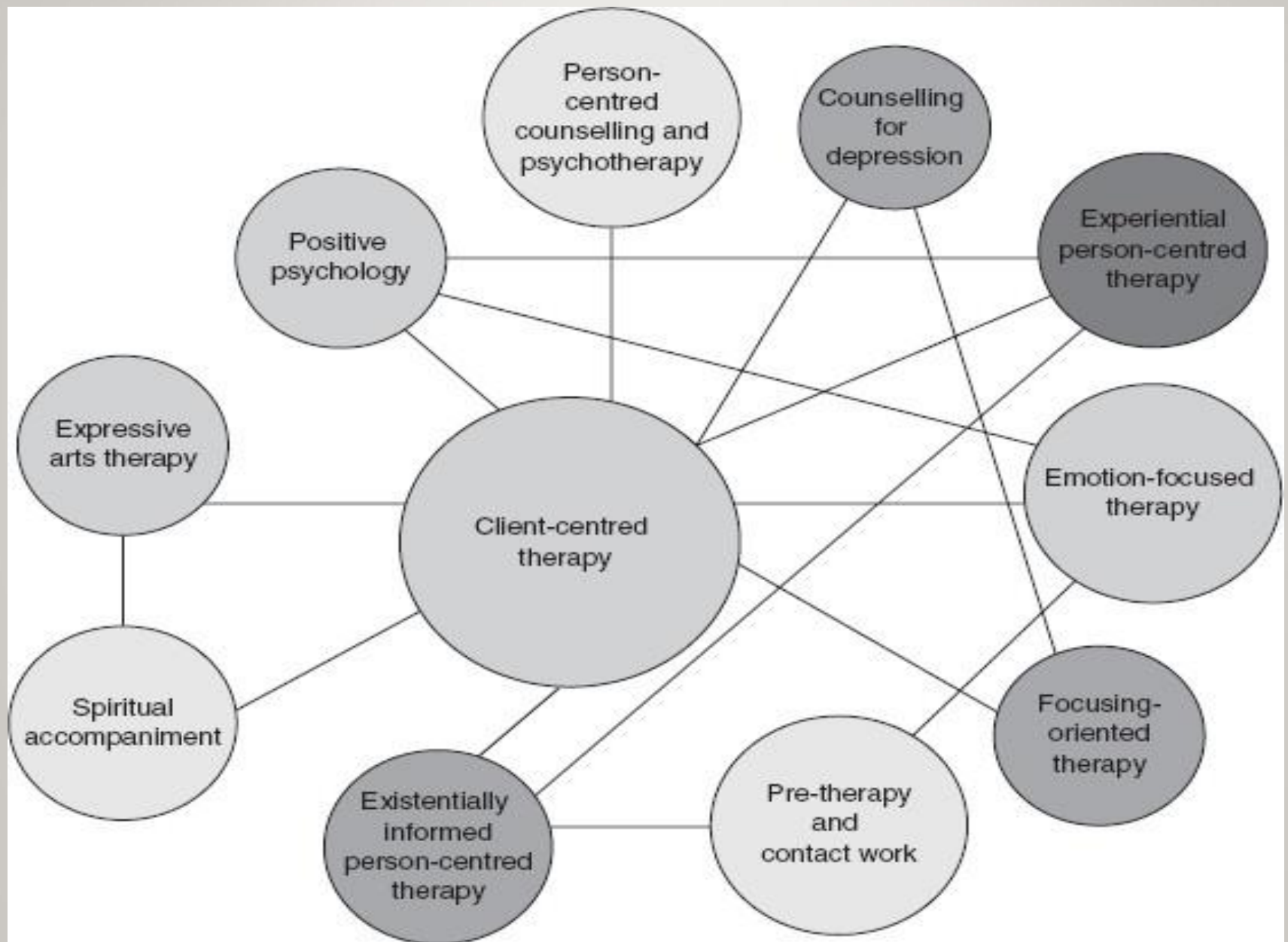
## **Reflection:** Reflection is the mirroring of emotional communication:

- **Situation:** A client is expressing immense frustration after a series of setbacks, saying, "I just feel like giving up. What's the point of even trying anymore?"
- **(Rogerian) response:** A therapist might say, "It sounds like you feel a deep sense of hopelessness and exhaustion right now, like all the effort you've put in has been for nothing." This statement uses the client's own frame of reference to validate their experience, rather than imposing the therapist's own.
- By doing this, the therapist is communicating to the client that **he is indeed listening and cares enough to understand.**

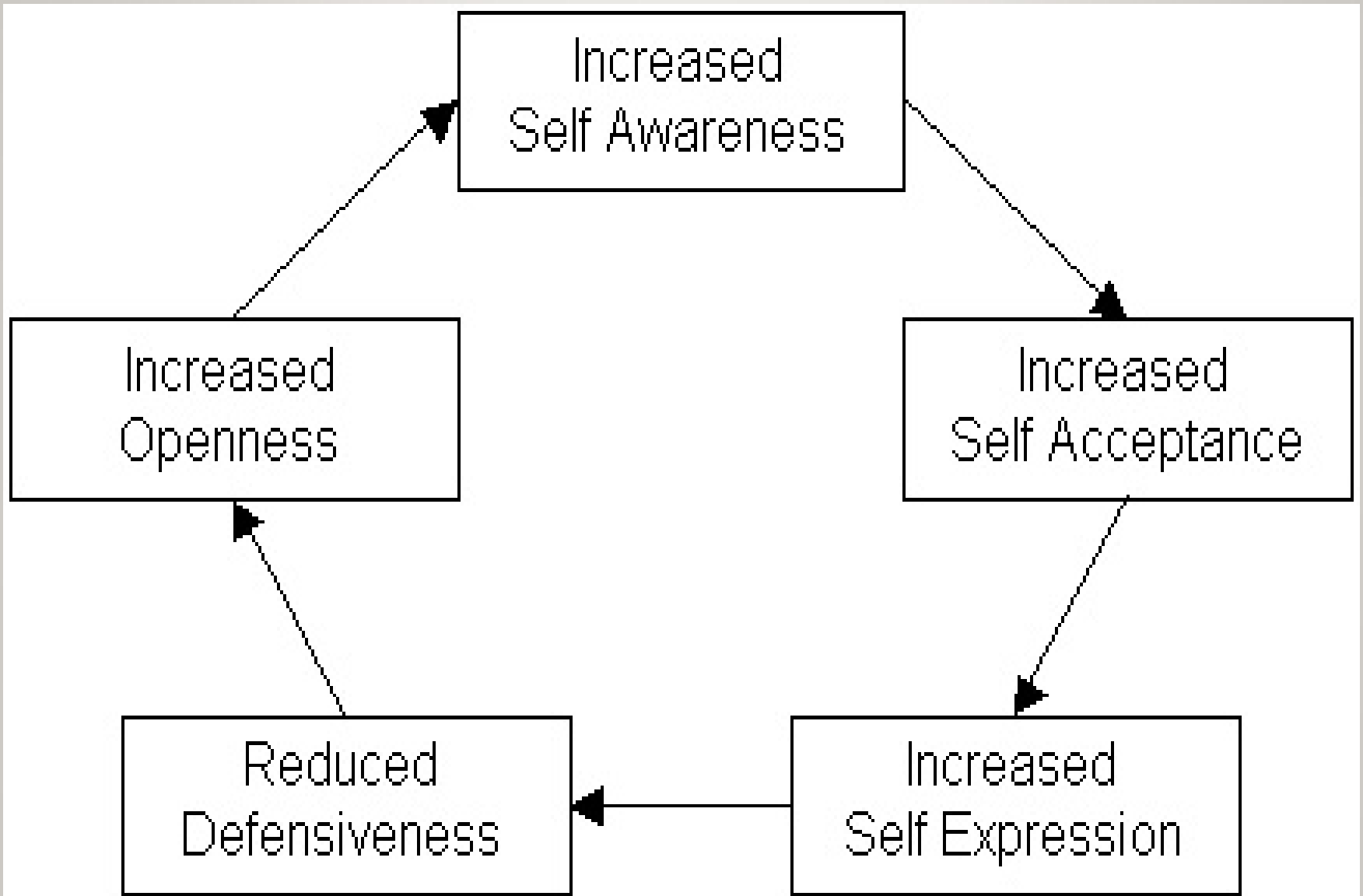
## **Three Special Qualities**

- **Congruence** -genuineness, honesty with the client
- **Empathy**- the ability to feel what the client feels
- **Respect** -acceptance, unconditional positive regard towards the client

Quality	Meaning	Explanation / Therapeutic Role
1. Congruence (Genuineness)	Being <b>real, honest, and transparent</b> with the client.	The therapist's <b>inner experience matches their outer expression</b> — no professional façade. It shows authenticity and openness. When the therapist models honesty and self-awareness, the client feels safe to be genuine too. <i>Example:</i> <b>A counselor openly admits, “I notice I’m feeling concerned about what you said,” rather than hiding emotions behind a clinical mask.</b>
2. Empathy	The <b>ability to understand and feel what the client is experiencing</b> from the client’s own perspective.	The therapist enters the client’s internal world “as if” it were their own, <b>without losing objectivity</b> . This deep empathic understanding allows the client to feel truly heard and accepted, promoting insight and self-exploration. <i>Example:</i> “It sounds like you felt completely alone in that moment, even though others were around.”
3. Respect (Unconditional Positive Regard)	Offering <b>complete acceptance, warmth, and nonjudgmental support</b> toward the client.	The therapist values the client <b>as a person of worth</b> , regardless of behavior, feelings, or background. This creates a climate of psychological safety that encourages openness and self-acceptance. <i>Example:</i> Accepting a client’s anger or guilt without criticism, helping them explore it freely.



<https://www.structural-learning.com/post/person-centered-therapy>



Source : <https://primarygoals.com/teams/models/rogers/>



# PERSON-CENTERED THEORY OF CARL ROGERS



(1902-1987)

## STRUCTURE

### BASIC ASSUMPTIONS

- Formative tendency
- Actualizing tendency
  - ✓ Maintenance
  - ✓ Enhancement
- The self and self-actualization
  - ✓ The self
  - ✓ Self-actualization

## DYNAMICS

- The self-concept
- The ideal self
- Awareness
  1. Level of awareness
    - Ignored or denied
    - Accurately symbolized
    - Distorted form
  2. Denial of positive experiences

## DETERMINANTS

### Becoming a person

- Positive regard
- Positive self-regard

## PSYCHOPATHOLOGY

- Conditions of worth
- Incongruence
- Vulnerability
- Anxiety and threat
- Defensiveness
- Disorganization

## PSYCHOTHERAPY

- Counselor congruence
- Unconditional positive regard
- Emphatic listening

## DEVELOPMENT

- Stages of therapeutic change
- Stage 1 - unwillingness to communicate
- Stage 2 - slightly less rigid.
- Stage 3 - freely talk about self
- Stage 4 - to talk of deep feelings
- Stage 5 - undergo change and growth
- Stage 6 - experience dramatic growth
- Stage 7 - fully functioning "persons of tomorrow"

Source: <https://www.studocu.com/ph/document/xavier-university-ateneo-de-cagayan/bs-psychology/carl-rogers-concept-map-december-26-2021/32304548>

# HUMANISTIC PSYCHOLOGY

## Strengths of Humanistic Approach



# Evaluation of Carl Rogers' Theory: Strengths / Contributions

Aspect	Key Points
1. Emphasis on the self	Rogers made the <b>self-concept</b> central to understanding personality — influencing later research in <b>self-psychology, education, and counseling</b> .
2. Positive view of human nature	Offered an <b>optimistic, growth-oriented perspective</b> , emphasizing personal responsibility, self-direction, and potential for change.
3. Therapeutic impact	His <b>client-centered (person-centered) therapy</b> revolutionized counseling — focusing on <b>empathy, unconditional positive regard, and genuineness</b> .
4. Research contributions	Rogers was one of the <b>first clinicians to record and analyze therapy sessions scientifically</b> ; his use of tape recordings encouraged <b>empirical validation</b> of psychotherapy.
5. Influence on other fields	His theory influenced <b>education (student-centered learning), organizational development, and humanistic psychology</b> at large.
6. Alignment with positive psychology	Modern research on <b>authenticity, empathy, and well-being</b> echoes Rogers' core conditions for personal growth.

## Aspect

## Key Points (Limitations)

### 1. Overly optimistic

Critics argue Rogers **idealized human nature**, assuming people naturally move toward growth and goodness.

### 2. Vague concepts

Terms like “self-actualization,” “organismic valuing,” or “fully functioning person” are **difficult to define or measure operationally**.

### 3. Limited scope

The theory **neglects the role of unconscious, biological drives, and cultural influences** on personality.

### 4. Cultural bias

Rogers’ emphasis on individual freedom and self-actualization reflects **Western, individualistic values** more than collectivist orientations.

### 5. Predictive weakness

The theory **is descriptive rather than predictive** — it explains but doesn’t easily forecast specific behaviors.

# EVALUATION

- **Contributions:** Balanced Approach: Psychologists during that period studied only abnormal or emotionally disturbed examples of humanity, and they ignored all the positive human qualities, such as happiness, contentment, and peace of mind
- Current research
- Growth occurs when individuals confront problems, struggle to master them, and through that struggle develop new aspects of their skills, capacities, views about life.- **Carl Rogers**
- <http://www.ship.edu/~cgboeree/rogers.html>