

# Person-Centered Counseling



# VIEWPOINT

Person-centered counseling stresses the patient's ability to determine the issues important to him/her and to solve their own problems.

# GOALS

- Concern the client as a person, not his problem.
- Help the client to become a fully-functioning person.
- The client helps to identify his own resource or potential.

# GOALS

- The client should become more realistic in their self-perception.
- MAJOR GOAL: Bring about the harmony between client's real and perceived self concept.

# ROLE of the COUNSELOR

- Sets up and promotes a climate in which the client is free and encouraged to explore all aspects of self.
- Reflects back what he is hearing or observing.

# ROLE of the COUNSELOR

- Trusts client to develop agenda on which he wishes to work.
- Facilitates rather than direct.

# COUNSELOR CHARACTERISTICS

- Attempt to understand what the client is saying.
- Interprets what the client has said.
- Accepts what the client has said.

# COUNSELOR CHARACTERISTICS

- Defines for the client.
- Attempts to convey to client a sense of acceptance.
- Answers questions and give information.



# COUNSELOR CHARACTERISTICS

- Actively participates in the therapy situation to make certain that the therapist is understanding what the client is saying and feeling.

# TECHNIQUES

- Active Listening
- Reflection - this is a restatement of what the client says that will show an understanding of the client's situation and display empathy.

# TECHNIQUES

- Empathy

- the therapist's ability to understand the client's experience and feelings in the here-and-now.

# TECHNIQUES

- Congruence
  - also called genuineness
  - allow the client to experience them as they really are.
  - the therapist is authentic

# TECHNIQUES

- Positive Regard
  - the therapist's deep and genuine caring for the client.
  - the therapist needs an attitude of "I'll accept you as you are."