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Humanistic theory of counselling pdf

Humanistic approaches to counseling include a number of theoretical views. the dominant perspectives in this category are self-concentration therapy and gestalt therapy, which emerged in the 1950s and 1960s as alternatives to the prevailing approaches of time, psychoanalysis and behaviorism. this voice will review the therapy focused on the person and gestalt therapy, along with a more recent approach that combines elements of these two: process-experienced psychotherapy. Humanistic humanistic approaches stress the freedom and responsibility of the individual. in psychology, these theoretical views evolved as a reaction to psychoanalytic and behavioral perspectives that characterized human behavior as determined by forces not directly under individual control. Humanists rebelled against the conception of human beings as pawns controlled by genetically programmed instincts or environmental forces and assumptions that seemed to divide the individual into pieces. On the other hand, humanistic theorists emphasize the individual agency and holistic operation. a relative hypothesis in humanistic approaches is the importance of individual experience. human functioning is considered as the direct result of the individual's inner world; thoughts and feelings are given primacy on external forces in motivation and in the production of behavior. However, an essential element of human experience is the relationship with the surrounding environment, especially with other individuals. Humanistic approaches to counseling tend to emphasise self-awareness, and these therapists invite customers to explore their internal worlds. in these systems, it is recognized that it is natural for individuals to deny or distort aspects of experience that find painful or unacceptable to their self-conceptions. These experiences denied or distorted cause life problems. theto refuse aspects of life experience is seen as learned, mainly from cultureand the expectations that are incorporated into their own self-concepts as they cross the path of development from childhood to adulthood. Freed from social influences, natural growth trends of individuals lead them to become fully functioning, healthy human beings (both in the mind and body) who can adequately satisfy their physiological and psychological needs. Healthy individuals freely experience internal and external events and processes, and live authentic lives without the rules and dictates of society. Although specification differs in some way through theories, an important task of the therapist in humanistic approaches is to provide the correct therapeutic environment for the customer. The customer must be freed from blocks in the experience so that they can become authentic. The therapist must also be authentic. The therapeutic relationship is considered as a meeting between two individuals; the customer experience is somehow blocked, and the therapist is living more freely. Ultimately, the acceptance of the client therapist leads to the acceptance of the customer of the self, with all his experience. Humanistic approaches and person-Centered therapy person-centered (PC) therapy was developed by Carl Ransom Rogers and was known with three different names. It was called non-re directive therapy when it was first introduced in the 1940s, and then Rogers renamed it client-centered therapy in the 1950s. In the 1980s, since many PC concepts were applied beyond counseling and psychotherapy, in areas such as education, industry and conflict resolution, Rogers began to use the name of person-centered approach to reflect the potential of application of this theory beyond traditional individual psychotherapy. As noted previously, the theory of the PC was developed by Rogers in response to the two approaches of dominant psychotherapy40's and 50's: Freudian psychoanalytical theory and behavioral therapy. Rogers was one of the main figures using theapproach his time. Reflecting his positive view on human nature and his insistence on equality in the counselling report, he was the first to use the term clients (instead of patients) to refer to people seeking psychotherapy. Rogers' most important philosophical assumption was that human beings are inherently good. Rogers believed that the primary motivation of human behavior is to grow in its full capacity. Human beings have a self-actualizing tendency that directs people towards growth if unconditional the positive point of view and emotional support are provided. When individuals are well functioning, this growth is driven by the internal regulation of the evaluation process. The organic evaluation process evaluates experiences in terms of good or bad for the body, without reference to cultural or social norms. In addition, Rogers thought that all human beings need positive respect and that individuals seek love from other significant ones to meet this need. The concept of self occupies a central position in PC theory. While individuals grow and experience the world, they soon learn to differentiate themselves from others and develop a sense of who they are. All self-related experiences and perceptions about who is the self, as well as values (for example, positive or negative) associated with them, include an individual's self-conception. On the other hand, the ideal self concept refers to what a person would like to rely on social messages. In psychologically healthy individuals, the self-ideal and real are almost identical. Rogers used the term conditions of value to describe the underlying source of the problematic behaviors of humans. When individuals are young, if they constantly perceive that they are more appreciated or liked by other significant whensome behaviors and less appreciated when performing others, then experience value conditions. initially, initially,of value are external; That is, they are the reactions of others (like parents) that enhance behavior in a differential way, often based on social norms (for example, boys do not cry, girls do not cry). However, because the need for love by other significant ones is so intense, the conditions of value will be internalized as parts of the self if they continue to exist for a period of time. When the value conditions are internalized, the individual is said to be in a state of inconsistency. Self-relevant experiences are evaluated according to the fact that they are consistent with the internalized conditions of value, instead of through the physiological evaluation process, which determines whether experiences are the growth that produces or harmful to the organism. Inconsistency is a discrepancy between itself and experience; that is, people deny or distort some of their experiences that do not fit the conditions of value. Another way to describe dysfunction is that the real and ideal self of the person (which incorporates value conditions) are discrepating. Rogers saw therapy as a meeting between two individuals and argued that the therapist's attitude or philosophy was fundamental to the success of therapy. In this way there are no formally recognized techniques. PC consultants strive to develop understanding, support and empathetic consulting relationships with their customers. Rogers believed that the therapist's congruence (or genuineness) was critical to the success of therapy, and together with unconditional empathy and positive respect, necessary and sufficient for the change of the customer. When the therapist constantly provides these conditions and trusts the customer to drive the road, the customer will be able to go beyond the internal conditions of value, progressing from a state of incongruence to one of congruence. The tendency to self-actualization (in tandemthe physiological evaluation process) is responsible and directs the individual towards positive growth once again. Rogers's Rogers'sthat each person has sufficient internal resources and strengths to grow and become a better person leads to a therapeutic relationship that emphasizes the autonomy of the customer and encourages customers to be self-directional. the main function of the PC consultant is to provide a safe, empathetic and supportive therapeutic environment that allows customers to follow their directions. this respect for the autonomy of the individual leads to the attitude of the consultants of the pc of equality within the therapeutic interaction; they avoid an experienced role in the counselling process. Moreover, the pc approach is phenomenological; the subjective perception of an individual is considered the force of definition of reality for that person. Therefore, the focus of the pc consulting is on customers and their perceptions of situations, not what could be seen as "reality" by others. While PC consultants respond with a reflection and genuine reactions to customer concerns, they focus customers' attention on their internal wisdom and help the emerging self-awareness of their customers. At the same time, they also accept their customers as worthy and precious beings regardless of their actions, this assessment by the therapists sets the stage for their self-acceptance of customers. PC theory has been criticized for being too simple and oblivious to the true qualities of human nature. Although research on counselling results seems to support the effectiveness of PC theory, empirical evidence indicates that fundamental conditions (i.e., counselling empathy, congruence and unconditional positive respect) are probably necessary but not sufficient for therapeutic change. However, research clearly shows that the therapeutic relationship is fundamental to the results of therapy of all types. since PC therapy concentratesperson and emphasizes the need to auto-actualize the trend for the healthy functioning of the person, individualistic emphasis within the PC theory can beto customers from more cultural backgrounds or to those who have experienced oppression. In addition, the PC theory has been criticized for its lack of attention to family and cultural factors, which can be particularly problematic in dealing with customers from other cultures. On the other hand, the confidence of the PC theory in the individual to know what you need can be useful in working with customers from different backgrounds. Humanistic approaches and therapy getatl Fritz Perls is considered the founder of the getalt therapy (GT). However, several individuals, including his wife, Laura Perls and Paul Goodman, have also significantly contributed to the development of the GT in its early stages. After Perls' death in 1970, second and third generation GT therapists such as Walter Kempler, Erving Polster and Gary Yontef continued to practice and promote the approach. Over time, the theory has evolved into different versions. In fact, a somewhat confusing feature about the GT approach It is that although some fundamental principles and theoretical concepts are shared by the various versions of GT, there is little orthodox doctrine on how these are put into action. Perls believed that human beings have the potential to act and function in an authentic and holistic way. The GT theory claims that all human beings have an innate tendency to grow towards realization and actualization. The existentialist taste of GT is seen in its strong emphasis on the choice and responsibility of an individual. Influenced by the concept of fullness in Gestalt psychology, a branch of perceptive psychology that explores how human beings create sense from perceptive stimuli, the GT theory argues that it is human nature to integrate their inner experiences (for example, feelings, needs and perceptions) with their external reality (e.g., environment) into a whole. From this perspectiveindividuals cannot be separated from their environments, nor can they be divided into parts (such as body and mind).mind)and psychological functions are inherently related; thoughts, feelings and physical sensations are part of a unified being. Need for satisfaction, contact and awareness are three central constructs of the GT theory. Perls believed that individuals strive to meet needs such as physical and emotional support during the life process. The needs are met through contact with the external environment (including other human beings) or the aspects of the self. The contact is essentially an unsold cycle of appearance of need, the activity by the individual aimed at satisfying the need, satisfaction of need and the disappearance of need. For example, when people realize they're thirsty, they could get some water and drink until their thirst is quenched. However, if they cannot find anything to drink, their thirst is not satisfied and can intensify so that it becomes all consuming. Psychological needs arise and are similarly satisfied. An effective contact, involving the completion of the cycle, leads to awareness and creates growth. Perls has postulated that people have problems because they anticipate that some of their needs or parts of themselves are unacceptable to other significant or society, so as to avoid contact using defense mechanisms such as introjection (i.e., interintroductivity without questions of values, rules and standards of behavior by significant people or aspects of the environment), projection (i.e., existing self-quality discrediting them), seeing them as they often. Fromneeds are met through contact with the environment, their needs must be dissatisfied when using defense mechanisms to avoid contact. This disrupts their awareness of the environment and results in an unfinished business. The lack of awareness interrupts the continuous cycle of contact with which people meet their needs and contributes to further dysfunction. GT's main goals are to facilitate awareness, rather than directly address behavioral problems, and to help customers accept the property of their experience as well as personal responsibility for their thoughts, feelings and behaviors. GT consultants support and encourage customers to freely experience and express their internal feelings and their needs. GT therapists often employ techniques or experiential activities in counseling to facilitate awareness. In fact, the GT approach is often perceived as synonymous with a well-known technique called empty chair dialogue. In this technique, the other important ones are placed metaphorically in a chair and the customer undertakes to discuss with these people. In another variant of this technique, called the top dog/underdog dialogue, a critical and parental face of the self is placed in the empty chair and the therapist encourages the customer to dialogue with the weakest and most responsible tyrant. Employing in a case of experimentation where customers are directed to focus on how they feel and what they are living here and now, it is believed that customers will take effective contact, increase their awareness, and begin accepting and taking responsibility for experience. The original GT style presented by Perls was rather compared and directive. This is partly due to Perls' personal style, which some therapists mimic. However, the modern GT approach gave its emphasis to theof an authentic relationship, here and now between the therapist and the client, the exploratory experience, however, is still the critical center ofgt therapists usually do not use any formal evaluation or diagnosis. a gt consultant is to be authentic in providing feedback to its customers and self-disclose if it is thought to be useful. gt was criticized for its extreme emphasis on individual responsibility. This orientation can lead to problems in using this approach with individuals who are more relationship or group oriented. Moreover, the emphasis in gt on verbal, emotional and behavioral expression is against the values of many cultural groups. However, gt emphasis on awareness, personal power and responsibility can be encouraging and useful to female customers in finding their value from within rather than in the perceptions of others. Experimental psychotherapy a recent approach, the experimental psychotherapy of the process (pe,) merges the aspects of the approaches focused on the person and gestalt. classified by its authors as a type of therapy focused on emotion, pe is based on the hypothesis that human emotions are adaptive signals that tell people what is important and prepare them for action. dysfunction comes from problems of symbolizing experience, and of accompanying the distorted emotional transformation of experience. Thus, the goal of therapy in this approach is to help customers learn new ways to process emotion that leads to different meanings and more adaptive coping strategies. The therapist in pe strives for the first time to create a therapeutic climate similar to that in the theory centered on the person to evoke and understand the emotional experience of the customer. once the relationship is established, the therapist can then use interventions that help to retract emotions; among these are dialogues of chair similar to those used in gestalt therapy. experimental process psychotherapy emphasizes the importance of a reportcollaborative and the power of the empathic pruning of the therapist's client in creating a situation where customers can productivelytheir experiences. PE techniques include some that are similar in the theory centered on the person (focalization, evoking systematic deployment, narrative narrative, and creation of meaning) and dialogues reminiscent of the techniques of two chairs and empty chair of Gestalt therapy. By concentrating, systematically evocative deployment, narrative and creation of meaning are all the interventions that support the exploration of customer feelings and the transformation of these feelings in ways that promote effective customer responses. In the dialogue with two chairs, customers experience aspects of themselves as they move between two chairs. Two types of dialogue are identified: those between contrasting aspects of the ego and those between self-experience and an aspect of the self that blocks the expression of emotions or needs. Conflict resolution generally requires that the two aspects are accepted by the customer so that they can work together. References: Elliot, R., Watson, J. C., Goldman, R. 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