

on becoming a person carl rogers pdf

on becoming a person carl rogers pdf is a highly sought-after resource for students, educators, and psychology enthusiasts interested in the humanistic approach to psychotherapy and personal development. Carl Rogers, a pioneering psychologist, revolutionized the way therapy and human relationships are understood through his client-centered approach. This article explores the core themes of "On Becoming a Person," the availability and significance of the PDF format for easy access, and how the book continues to influence contemporary psychological practices. Additionally, this guide will discuss the fundamental concepts introduced by Rogers, such as unconditional positive regard, empathy, and authenticity, which are central to his therapeutic philosophy. Whether for academic study or personal growth, understanding the essence of Rogers' work through the lens of the PDF version offers a convenient and comprehensive way to engage with his ideas. The following sections will provide a detailed overview of the book's content, the relevance of the PDF format, and practical applications of Rogers' theories.

- Overview of "On Becoming a Person" by Carl Rogers
- Significance of the PDF Format for Accessibility
- Core Concepts in Rogers' Humanistic Psychology
- Impact of "On Becoming a Person" on Modern Psychology
- Practical Applications of Rogers' Theories

Overview of "On Becoming a Person" by Carl Rogers

"On Becoming a Person" is a seminal work by Carl Rogers, published in 1961, that presents his groundbreaking ideas on psychotherapy and human potential. The book is a collection of essays and lectures that emphasize the importance of the therapeutic relationship in fostering personal growth. Rogers argues that individuals possess an inherent drive toward self-actualization and that a supportive environment enables this process. The text delves into the qualities that therapists should embody, such as genuineness, empathy, and unconditional positive regard, to facilitate meaningful change.

Rogers' writing style is accessible yet profound, making complex psychological concepts understandable to both professionals and lay readers. The book also includes case studies and reflections that illustrate the transformative power of client-centered therapy. It is regarded as a cornerstone in humanistic psychology and continues to inspire therapists, counselors, and educators worldwide.

Historical Context and Publication

Carl Rogers wrote "On Becoming a Person" during a period when psychoanalytic and behaviorist models dominated psychological thought. His humanistic approach offered a refreshing alternative that focused on the whole person rather than symptoms or conditioned behaviors. The book's publication marked a significant shift, promoting empathy and respect in therapeutic settings.

Structure and Content

The book is organized into multiple chapters that explore various aspects of personal development and psychotherapy. Key topics include the nature of the self, the process of change, and the therapist-client relationship. Each chapter builds upon the previous one, creating a cohesive narrative that conveys Rogers' philosophy.

Significance of the PDF Format for Accessibility

Accessing "On Becoming a Person Carl Rogers PDF" provides a convenient and portable means to study this influential text. The PDF format allows readers to easily download, store, and read the book on multiple devices such as computers, tablets, and smartphones. This accessibility enhances the dissemination of Rogers' ideas globally, supporting both academic research and personal exploration.

In addition to convenience, the PDF version often includes searchable text, which enables readers to quickly locate specific concepts or passages. This feature is particularly useful for students and professionals who require detailed study or citation of the material.

Benefits of Using PDF for Educational Purposes

PDFs maintain the original formatting of the book, preserving the integrity of the layout, typography, and any included illustrations. This consistency is important for academic reference and ensures that readers experience the text as the author intended.

Moreover, many educational institutions provide licensed PDF copies as part of their digital libraries, supporting remote learning and research.

Considerations for Ethical Access

While the PDF format is highly beneficial, it is essential to access "On Becoming a Person" through legal and authorized sources to respect copyright laws and the author's intellectual property. Legitimate copies ensure quality and support ongoing dissemination of scholarly work.

Core Concepts in Rogers' Humanistic Psychology

Carl Rogers' work in "On Becoming a Person" centers around several foundational concepts that challenge traditional psychological paradigms. These ideas focus on the individual's capacity for growth and the conditions necessary to facilitate positive change.

Unconditional Positive Regard

One of the most influential concepts introduced by Rogers is unconditional positive regard, which involves accepting and valuing a person without judgment or conditions. This attitude creates a safe and supportive environment that enables individuals to explore their true selves and overcome internal conflicts.

Empathy and Understanding

Empathy is another critical element emphasized by Rogers. It refers to the therapist's ability to deeply understand and share the feelings of the client. This empathetic connection helps clients feel heard and validated, which is essential for therapeutic progress.

Authenticity and Congruence

Rogers highlights the importance of authenticity or congruence, meaning that therapists must be genuine and transparent with their clients. This honesty fosters trust and models healthy interpersonal behavior, encouraging clients to also embrace their authentic selves.

Self-Actualization

The ultimate goal in Rogers' framework is self-actualization, the process of realizing and fulfilling one's potential. According to Rogers, every person has an innate tendency toward growth, creativity, and psychological health, which can be nurtured through appropriate support.

- Unconditional Positive Regard: Acceptance without judgment
- Empathy: Deep understanding of client experience
- Authenticity: Therapist's genuine presence
- Self-Actualization: Realization of personal potential

Impact of "On Becoming a Person" on Modern Psychology

The publication of "On Becoming a Person" profoundly influenced the field of psychology by introducing a humanistic perspective that values the subjective experience of individuals. Rogers' client-centered therapy became a foundational model in counseling and psychotherapy, emphasizing respect, empathy, and collaboration.

This approach has contributed to the development of various therapeutic modalities and has been integrated into educational, organizational, and healthcare settings. The humanistic principles articulated by Rogers have also informed contemporary discussions on mental health, well-being, and personal development.

Influence on Therapy Practices

Rogers' emphasis on the therapeutic relationship as a catalyst for change has reshaped therapist training and practice. Many modern therapies incorporate elements of empathy and unconditional positive regard as standard components.

Broader Cultural and Educational Impact

Beyond psychotherapy, the ideas presented in "On Becoming a Person" have impacted educational philosophies and leadership styles, promoting environments that encourage openness, creativity, and personal growth.

Practical Applications of Rogers' Theories

The principles outlined in "On Becoming a Person" extend beyond the therapy room and can be applied in various real-world contexts. Individuals and professionals alike benefit from embracing Rogers' humanistic approach to foster healthier relationships and personal development.

Use in Counseling and Psychotherapy

Therapists utilize client-centered techniques to create nonjudgmental spaces that empower clients to explore their emotions and experiences. This approach promotes autonomy and self-discovery, leading to meaningful behavioral and emotional change.

Applications in Education

Educators apply Rogers' concepts by fostering classroom environments that prioritize student-centered learning, empathy, and mutual respect. Such settings enhance motivation and creativity, supporting holistic student development.

Personal Growth and Interpersonal Relationships

Individuals can incorporate Rogers' ideas by practicing empathy, authenticity, and acceptance in their daily interactions, leading to more genuine and fulfilling relationships.

1. Creating empathetic and accepting environments
2. Encouraging authentic self-expression
3. Supporting continuous personal growth
4. Applying client-centered communication skills

Frequently Asked Questions

Where can I find a free PDF of Carl Rogers' book 'On Becoming a Person'?

Free PDFs of 'On Becoming a Person' by Carl Rogers are generally not available legally due to copyright restrictions. It is recommended to purchase the book from authorized sellers or check if your local library has a digital copy available.

What is the main focus of Carl Rogers' 'On Becoming a Person'?

The main focus of 'On Becoming a Person' is on the development of the self and the process of personal growth through humanistic psychology. Rogers emphasizes the importance of a supportive environment for individuals to achieve self-actualization.

How does Carl Rogers describe the therapeutic relationship in 'On Becoming a Person'?

In 'On Becoming a Person,' Carl Rogers describes the therapeutic relationship as one based on genuineness, unconditional positive regard, and empathetic understanding, which facilitates personal growth and healing.

Is 'On Becoming a Person' by Carl Rogers suitable for psychology students?

Yes, 'On Becoming a Person' is highly suitable for psychology students as it provides deep insights into humanistic psychology, psychotherapy, and the client-centered approach developed by Carl Rogers.

Can I use 'On Becoming a Person' PDF for academic research?

Yes, you can use 'On Becoming a Person' for academic research, but ensure you access it through legal channels and cite the book properly according to academic standards.

What are some key concepts presented in 'On Becoming a Person'?

Key concepts in 'On Becoming a Person' include self-actualization, the fully functioning person, unconditional positive regard, empathy, and the importance of a non-judgmental therapeutic environment.

Has 'On Becoming a Person' by Carl Rogers been updated or revised in PDF versions?

There are no official updated or revised versions of 'On Becoming a Person' since its original publication. Most PDFs available are reproductions of the original text.

Are there summaries or study guides available for 'On Becoming a Person' PDF?

Yes, many websites and educational platforms offer summaries and study guides for 'On Becoming a Person' which can help readers understand the core themes and concepts of the book.

Additional Resources

1. On Becoming a Person: A Therapist's View of Psychotherapy

This seminal work by Carl Rogers explores the journey toward personal growth and self-actualization. It delves into the principles of client-centered therapy and emphasizes the importance of empathy, genuineness, and unconditional positive regard. The book offers profound insights into human nature and the process of becoming a fully functioning person.

2. The Carl Rogers Reader

A comprehensive collection of Carl Rogers' key writings, this book provides an in-depth look at his theories and methodologies. It includes essays on psychotherapy, education, and interpersonal relationships. Readers gain a broad understanding of Rogers' humanistic approach and its application in various fields.

3. Person to Person: The Problem of Being Human

In this collection of essays, Rogers discusses the challenges and possibilities inherent in human relationships. He emphasizes authenticity and openness as vital components of meaningful connections. The book complements "On Becoming a Person" by expanding on the interpersonal aspects of his philosophy.

4. *Becoming a Person: The Biography of Carl Rogers*

Written by David C. Rutledge, this biography provides an intimate portrait of Carl Rogers' life and work. It traces his development as a psychologist and highlights the personal experiences that shaped his theories. Readers gain context for understanding the origins and impact of Rogers' humanistic psychology.

5. *The Therapeutic Relationship and Its Impact: Carl Rogers' Influence*

This book examines the significance of the therapist-client relationship in psychotherapy, drawing heavily on Rogers' principles. It discusses how empathy, congruence, and unconditional positive regard create a healing environment. The text is valuable for practitioners seeking to apply Rogers' concepts in clinical settings.

6. *Client-Centered Therapy: Its Current Practice, Implications, and Theory*

Co-authored by Carl Rogers, this book outlines the foundational concepts and practices of client-centered therapy. It addresses the therapist's role and the conditions necessary for therapeutic change. The work remains a cornerstone for those studying or practicing humanistic therapy.

7. *On Becoming an Effective Teacher: Person-Centered Teaching, Psychology, Philosophy, and Dialogues with Carl R. Rogers and Harold Lyon*

This volume applies Rogers' person-centered philosophy to education, emphasizing the importance of creating supportive learning environments. It includes dialogues and reflections on how teachers can foster personal growth in students. The book bridges psychotherapy and education through a humanistic lens.

8. *Humanizing Psychology: A Challenge to the Behavioral Sciences*

This text critiques traditional behavioral approaches and advocates for a more person-centered, humanistic perspective inspired by Rogers. It explores the ethical and philosophical dimensions of psychology. Readers interested in the broader implications of Rogers' work will find this book thought-provoking.

9. *The Art of Empathy: A Complete Guide to Life's Most Essential Skill*

While not exclusively about Carl Rogers, this book highlights empathy as a crucial skill in personal and professional relationships, reflecting Rogers' emphasis on empathetic understanding. It offers practical advice and exercises to develop empathy. The book complements Rogers' teachings by focusing on one of his core therapeutic conditions.

[On Becoming A Person Carl Rogers Pdf](#)

On Becoming a Person: Carl Rogers' Revolutionary Approach to Self-Discovery

Unlock your full potential and live a more authentic life. Are you feeling trapped by self-doubt, struggling to connect with others, or yearning for a deeper sense of meaning and purpose? Do you

find yourself constantly seeking external validation, leaving you feeling empty and unfulfilled despite external achievements? You're not alone. Many people grapple with these challenges, feeling lost and disconnected from their true selves. This book provides a roadmap to personal growth and self-acceptance, guiding you towards a life of genuine fulfillment.

This ebook, *On Becoming a Person: A Practical Guide to Carl Rogers' Person-Centered Therapy*, by [Your Name/Pen Name], offers a clear and accessible exploration of Rogers' groundbreaking work.

Contents:

Introduction: Understanding Carl Rogers and Person-Centered Therapy

Chapter 1: The Core Concepts of Person-Centered Therapy: Exploring self-actualization, congruence, unconditional positive regard, and empathic understanding.

Chapter 2: Overcoming Conditional Positive Regard: Identifying and releasing the impact of external judgments on your self-worth.

Chapter 3: Developing Congruence: Bridging the gap between your ideal self and your real self.

Chapter 4: Cultivating Empathic Understanding: Deepening your connections with yourself and others through genuine empathy.

Chapter 5: The Process of Self-Actualization: Practical steps to unleashing your full potential and living a more authentic life.

Chapter 6: Applying Person-Centered Principles in Daily Life: Integrating Rogers' insights into relationships, work, and personal growth.

Conclusion: Embracing the Journey of Self-Discovery

On Becoming a Person: A Deep Dive into Carl Rogers' Revolutionary Approach to Self-Discovery

Introduction: Understanding Carl Rogers and Person-Centered Therapy

Carl Rogers, a towering figure in the field of psychology, revolutionized the therapeutic landscape with his Person-Centered approach. Unlike traditional therapies that focus on diagnosing and fixing "problems," Rogers believed in the inherent goodness and capacity for growth within each individual. His approach emphasizes the therapist's role as a facilitator, creating a safe and supportive environment where clients can explore their inner world and move towards self-actualization – the realization of one's full potential. This article will delve into the core concepts of Person-Centered Therapy and explore how they can be applied to achieve personal growth and a more fulfilling life. This is more than just a theoretical exploration; it's a practical guide to transforming your life.

Chapter 1: The Core Concepts of Person-Centered Therapy

This chapter explores the four cornerstones of Rogerian therapy:

Self-Actualization: This is the driving force behind human behavior – the innate tendency to grow, to become the best version of oneself. It's not about achieving perfection, but about moving towards a more authentic and fulfilling existence. Rogers believed that every individual possesses this inherent potential, and the therapeutic process helps remove obstacles that block its expression.

Congruence: This refers to the alignment between one's inner experience (thoughts, feelings, and values) and outward behavior. Incongruence, on the other hand, creates internal conflict and anxiety. When there's a disconnect between who we are and how we present ourselves, we experience a sense of inauthenticity and disconnect.

Unconditional Positive Regard: This is the bedrock of the therapeutic relationship. It means accepting and valuing the client completely, without judgment or conditions. This doesn't imply approval of all behaviors, but rather acceptance of the person as a whole, flaws and all. This creates a safe space for self-exploration.

Empathic Understanding: This involves deeply understanding the client's subjective experience, stepping into their shoes, and feeling with them. It's not about offering solutions or advice but about reflecting back the client's emotions and experiences, validating their feelings, and fostering a sense of being truly heard and understood.

Chapter 2: Overcoming Conditional Positive Regard

Many of us struggle with conditional positive regard, meaning our self-worth is contingent upon meeting external expectations. This often stems from childhood experiences where love and acceptance were dependent on performance or conforming to certain standards. This chapter explores the impact of conditional positive regard on self-esteem and outlines strategies for releasing its grip. Techniques like self-compassion and challenging negative self-talk are crucial in this process.

Chapter 3: Developing Congruence

This chapter delves into the practical steps of bridging the gap between your ideal self (who you want to be) and your real self (who you currently are). It involves identifying discrepancies, exploring the origins of incongruence, and developing strategies to align your inner and outer selves. This may involve confronting difficult emotions, making difficult life changes, and accepting your imperfections.

Chapter 4: Cultivating Empathic Understanding

Empathy is not just about understanding intellectually; it's about feeling with another person. This chapter focuses on developing this crucial skill. It explores techniques like active listening, reflective statements, and mindful awareness to deepen your understanding of yourself and others. The ability to truly empathize leads to stronger relationships and greater self-awareness.

Chapter 5: The Process of Self-Actualization

This chapter provides a practical roadmap to self-actualization. It outlines steps for identifying your values, setting meaningful goals, and taking consistent action towards living a more authentic life. It emphasizes the importance of self-acceptance, self-discovery, and taking calculated risks.

Chapter 6: Applying Person-Centered Principles in Daily Life

This chapter translates the theoretical concepts into practical applications. It explores how to integrate Rogerian principles into relationships, work, and personal growth. It highlights the importance of mindful communication, assertive expression, and setting healthy boundaries.

Conclusion: Embracing the Journey of Self-Discovery

The journey of self-discovery is ongoing and rarely linear. Rogers' Person-Centered approach provides a powerful framework for navigating this journey, fostering self-acceptance, and promoting personal growth. By embracing these principles, you can embark on a path towards a more authentic, fulfilling, and meaningful life.

FAQs

1. What is the difference between Person-Centered Therapy and other therapeutic approaches? Person-Centered Therapy differs from other approaches by placing the client at the center of the

therapeutic process. It prioritizes self-discovery and empowerment, rather than focusing on diagnosis and problem-solving.

2. Is Person-Centered Therapy suitable for all types of mental health issues? While effective for a wide range of issues, it may not be the best approach for individuals experiencing severe mental illness requiring medication or intensive intervention.
3. How long does Person-Centered Therapy typically last? The duration varies greatly depending on the individual's needs and goals. Some people may see significant progress in a few sessions, while others may require longer-term therapy.
4. What role does the therapist play in Person-Centered Therapy? The therapist acts as a facilitator, providing unconditional positive regard, empathy, and congruence. They don't offer advice or interpretations but help clients gain self-awareness and explore their own solutions.
5. Can I use the principles of Person-Centered Therapy in my daily life, even without a therapist? Absolutely! The core concepts – self-compassion, empathy, and mindful awareness – can be applied to all aspects of life, enhancing relationships and fostering personal growth.
6. What are some common misconceptions about Person-Centered Therapy? A common misconception is that it's passive or lacks structure. While client-led, it is a structured approach with a clear focus and defined goals.
7. Is Person-Centered Therapy effective for couples or families? Yes, it can be adapted for couples and family therapy, focusing on improving communication, empathy, and understanding within relationships.
8. How can I find a qualified Person-Centered therapist? Look for therapists who are certified or have significant experience in Person-Centered Therapy. Many professional organizations provide directories of therapists.
9. Are there any books or resources that can help me learn more about Person-Centered Therapy? Besides Rogers' own writings, many books and articles are available exploring this approach in detail.

Related Articles:

1. Carl Rogers' Biography: A Life Dedicated to Humanistic Psychology: A comprehensive look at the life and work of Carl Rogers, exploring the events and influences that shaped his revolutionary ideas.
2. The Impact of Unconditional Positive Regard on Self-Esteem: An in-depth exploration of how unconditional positive regard fosters self-acceptance and improves self-esteem.
3. Congruence in Relationships: Building Authentic Connections: An article focusing on the

importance of congruence in building healthy and fulfilling relationships.

4. Developing Empathy: A Practical Guide to Deepening Connections: Practical exercises and techniques for cultivating empathy in personal and professional life.

5. Self-Actualization: Unlocking Your Full Potential: A guide to understanding and achieving self-actualization, including actionable steps and strategies.

6. Overcoming Conditional Self-Worth: Breaking Free from External Validation: Strategies and techniques for overcoming the impact of conditional positive regard on self-perception.

7. Person-Centered Therapy for Anxiety and Depression: An exploration of how Person-Centered Therapy can be applied to address common mental health challenges.

8. Person-Centered Therapy and Mindfulness: A Powerful Combination: How mindfulness practices complement and enhance the effectiveness of Person-Centered Therapy.

9. The Role of the Therapist in Person-Centered Therapy: Facilitating Self-Discovery: A detailed examination of the therapist's role and responsibilities within the Person-Centered framework.

on becoming a person carl rogers pdf: *A Therapist's View of Personal Goals* Carl Rogers, 2021-08-12 2021 Reprint of the 1960 Edition. Facsimile of the original edition and not reproduced with Optical Recognition Software. In this essay, delivered as an address at Haverford College, Pennsylvania in 1959, Rogers discusses man's purpose and goal in life. In his therapeutic work Rogers sees clients take such directions as: away from facades; away from oughts; away from meeting expectations; away from pleasing others; toward being a process; toward being a complexity; toward openness to experience; toward acceptance of others; toward trust of self. Given a therapeutic climate of warmth, acceptance, and empathic understanding, the client moves from what he is not toward being, toward becoming that which he inwardly and actually is. Quoting Kierkegaard, to be that self which one truly is. A worthy goal indeed.

on becoming a person carl rogers pdf: *Becoming a Person* Carl Rogers, 2022-03-23

on becoming a person carl rogers pdf: *On Becoming Carl Rogers* Howard Kirschenbaum, 1979

on becoming a person carl rogers pdf: *Person-Centred Counselling Psychology* Ewan Gillon, 2007-06-18 'Not only is this the first key text on person-centred counselling psychology, but one of the best introductions to the approach. Gillon combines an in-depth understanding of the person-centred field with a highly accessible writing style to produce a book that will be of enormous value to anyone wanting to practice person-centred therapy. Essential reading for trainee and practising counselling psychologists with an interest in the person-centred approach and highly recommended for counsellors and psychotherapists of all orientations' - Mick Cooper, Professor of Counselling, Counselling Unit, University of Strathclyde *Person-Centred Counselling Psychology: An Introduction* is an introduction to the philosophy, theory and practice of the person-centred approach. Focusing on the psychological underpinnings of the approach, Ewan Gillon describes the theory of personality on which it is based and the nature of the therapeutic which is characterised by o unconditional positive regard o empathy o congruence. The book shows how the person-centred approach relates to others within counselling psychology and to contemporary practices in mental health generally. It also gives guidance to readers on the approach's research tradition as well as considering key issues for those wishing to train and work as a person-centred practitioner. As such, it is designed to be an applied, accessible text, providing a dialogue between the psychological basis of person-centred therapy and its application within the real world. As well as psychology students,

it will be of interest to those from other disciplines, counselling trainees, those within the caring professions, and person-centred therapists from a non-psychological background. Ewan Gillon is Director of The Edinburgh Psychology Centre and Lecturer in Counselling Psychology at Glasgow Caledonian University.

on becoming a person carl rogers pdf: A Person-Centered Approach and the Rogerian Tradition Adam Quinn, 2015-01-02 From the Book: it is hypothesized that the therapist wants to understand for no other reason but to understand. If the therapist is motivated to understand solely to be a change agent for the client, then the facilitative mechanisms may not be sufficient because a tendency toward unconditional acceptance will not effectively emerge. the published literature in the 1970s suggests that person-centered therapy (PCT) researchers, rather than pursuing novel avenues of empirical inquiry, devoted substantial time in defending PCT against - what now appear to be - unfounded claims made by a group of social scientists who held significant professional interest in seeing through the dismantling of the person-centered approach. Book Summary: This book is about a person-centered approach to counseling and psychotherapy as developed by the psychologist Carl Rogers (1902-1987) and his colleagues. In addition, this book is also intended to be a handbook on the person-centered approach and the Rogerian tradition for use in academic and non-academic settings alike. Each chapter is briefly summarized below. Chapter 1 (A Person-Centered Approach and the Structure of Scientific Revolutions) examines the trend of scientific inquiry in psychotherapy research, specifically focusing on events and changes that took place beginning in the 1970s and are argued to have substantially influenced the direction of psychotherapy research in the following decades. In particular, these changes are suggested to have been guided by the choices made by a small but influential group of behavior and psychoanalytic-oriented researchers, which arguably led to changes in the scientific methods used to investigate the effectiveness of psychotherapeutic treatments; and, as will be shown in this chapter, led to the decline and disappearance of Carl Rogers's person-centered approach. This chapter suggests that through a method of allegiance-guided scientific inquiry, the Rogerian tradition was systematically dismantled by a group of social scientists that held considerable professional interests to do so. Chapter 2 (A Person-Centered Approach to Multicultural Counseling Competence) examines current and historical trends in psychotherapy research and practice with racial/ethnic minority populations. Using psychotherapy evidence from both the latter half of the 20th century and the initial decades of the 21st century, cultural adaptations to previously hypothesized person-centered therapy mechanisms of change are proposed. Chapter 3 (A Person-Centered Approach to the Treatment of Borderline Personality Disorder) addresses psychotherapy with a person described as possessing a borderline personality disorder (BPD). In particular, a selection of mainstream approaches is reviewed to examine unique and universal aspects of current thinking about this treatment population. Following this review, an expanded analysis of person-centered therapy is offered, examining current research evidence and the mechanisms of change hypothesized to occur in the person-centered treatment of BPD. Chapter 4 (A Person-Centered Approach to the Treatment of Combat Veterans with Posttraumatic Stress Disorder) examines posttraumatic stress disorder through the lens of military combat trauma that results in a breakdown of a combat veteran's sense of self and the world. In the effective treatment of combat-related posttraumatic stress disorder, a therapist must help the veteran reorganize the self-structure that has become incongruent with his or her precombat-trauma self following his or her return home from war. For the therapist to facilitate a veteran's becoming whole, he or she must be genuinely congruent in the relationship.

on becoming a person carl rogers pdf: Carl Rogers on Personal Power Carl Ransom Rogers, 1978 To anyone interested in psychology or sociology or politics or morality, Rogers will give a new dimension of awareness. The Month

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Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques, 2nd Edition is an in-depth guide that provides useful learning aids, instructions for ongoing assessment, and valuable case studies. More than just a reference, this approachable resource highlights practical applications of theoretical concepts, covering both theory and technique with one text. Easy to read and with engaging information that has been recently revised to align with the latest in industry best practices, this book is the perfect resource for graduate level counseling theory courses in counselor education, marriage and family therapy, counseling psychology, and clinical psychology. Included with each copy of the text is an access code to the online Video Resource Center (VRC). The VRC features eleven videos—each one covering a different therapeutic approach using real therapists and clients, not actors. These videos provide a perfect complement to the book by showing what the different theories look like in practice. The Second Edition features: New chapters on Family Systems Theory and Therapy as well as Gestalt Theory and Therapy Extended case examples in each of the twelve Theory chapters A treatment planning section that illustrates how specific theories can be used in problem formulation, specific interventions, and potential outcomes assessment Deeper and more continuous examination of gender and cultural issues An evidence-based status section in each Theory chapter focusing on what we know from the scientific research, with the goal of developing critical thinking skills A new section on Outcome Measures that provides ideas on how client outcomes can be tracked using practice-based evidence Showcasing the latest research, theory, and evidence-based practice in an engaging and relatable style, Counseling and Psychotherapy Theories in Context and Practice is an illuminating text with outstanding practical value.

on becoming a person carl rogers pdf: A Way of Being Carl Ransom Rogers, 1955 Rogers, founder of the humanistic psychology movement and father of client-centered therapy ... traces his professional development from the sixties to the eighties and ends with a person-centered prophecy in which [he] calls for a more humane future.--Back cover.

on becoming a person carl rogers pdf: On Becoming a Teacher Edmund M. Kearney, 2013-11-19 Students deserve great teachers and learning to become a great teacher is a lifelong journey. On Becoming a Teacher guides both the new and experienced teacher through the exhilarating process of learning to educate students in a way that makes a lasting impact on their lives. Dr. Kearney leads the reader through the process of understanding what lies at the foundation of great teaching, loading each essay with ready-for-classroom use applications and challenging ideas. This book is designed to encourage the reader to think deeply about all aspects of education, while instilling, or rekindling, the excitement, enthusiasm, and teaching excellence shared by all great teachers. Written in conversational essay form and supplemented with discussion and reflection questions, this brief book would make an ideal classroom text for student teaching and education seminars. Whether you aspire to teaching excellence at the elementary school, middle school, high school, or collegiate level, On Becoming a Teacher is a must read. Author Bio: Edmund M. Kearney, Ph.D. is Professor of Psychology at Lewis University. Dr. Kearney has won numerous teaching awards over the past 20 years, including being named the "Teacher of the Year" at the Chicago School of Professional Psychology, the Lasallian Educator of the Year for teaching excellence at Lewis University, and the St. Miguel Febres Cordero Award winner for excellence in scholarship at Lewis University. Dr. Kearney's specialty areas in psychology include cognition, special education, child and adolescent assessment, and the scholarship of teaching and learning.

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on becoming a person carl rogers pdf: Becoming Partners Carl R. Rogers, 1973 An exploration and discussion of the relationship between man and woman. Couples talk about the intimate details of their relationship and express their innermost feelings. Carl Rogers is the innovator of client-centred therapy. In this book he takes an objective position.

on becoming a person carl rogers pdf: Client-centered Therapy Carl R. Rogers, 2003-07 Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in

achieving for themselves new and more effective personality adjustments.

on becoming a person carl rogers pdf: An Introduction to the Therapeutic Frame Anne Gray, 2013-10-30 Designed for psychotherapists and counsellors in training, *An Introduction to the Therapeutic Frame* clarifies the concept of the frame - the way of working set out in the first meeting between therapist and client. This Classic Edition of the book includes a brand new introduction by the author. Anne Gray, an experienced psychotherapist and teacher, uses lively and extensive case material to show how the frame can both contain feelings and further understanding within the therapeutic relationship. She takes the reader through each stage of therapeutic work, from the first meeting to the final contact, and looks at those aspects of management that beginners often find difficult, such as fee payment, letters and telephone calls, supervision and evaluation. Her practical advice on how to handle these situations will be invaluable to trainees as well as to those involved in their training.

on becoming a person carl rogers pdf: On Becoming a Person Carl Ransom Rogers, 1995 Collection of essays by American psychotherapist Carl Rogers written between 1951 and 1961, in which he put forth his ideas about self-esteem, flexibility, respect for self, and acceptance of others.

on becoming a person carl rogers pdf: Psychology And The Human Dilemma Rollo May, Here Rollo May discusses our loss of our personal identity in the contemporary world, the sources of our anxiety, the scope of psychotherapy, and the ultimate paradox of freedom and responsibility. Whether reflecting on war, psychology, or the ideas of existentialist thinkers such as Sartre and Kierkegaard, Dr. May everywhere enlarges our outlook on how people can develop creatively within the human predicament.

on becoming a person carl rogers pdf: The Wiley Encyclopedia of Personality and Individual Differences, Models and Theories , 2020-11-04 Volume 1, Models and Theories of The Wiley Encyclopedia of Personality and Individual Differences The Encyclopedia of Personality and Individual Differences (EPID) is organized into four volumes that look at the many likenesses and differences between individuals. Each of these four volumes focuses on a major content area in the study of personality psychology and individuals' differences. The first volume, Models and Theories, surveys the significant classic and contemporary viewpoints, perspectives, models, and theoretical approaches to the study of personality and individuals' differences (PID). The second volume on Measurement and Assessment examines key classic and modern methods and techniques of assessment in the study of PID. Volume III, titled Personality Processes and Individuals Differences, covers the important traditional and current dimensions, constructs, and traits in the study of PID. The final volume discusses three major categories: clinical contributions, applied research, and cross-cultural considerations, and touches on topics such as culture and identity, multicultural identities, cross-cultural examinations of trait structures and personality processes, and more. Each volume contains approximately 100 entries on personality and individual differences written by a diverse international panel of leading psychologists Covers significant classic and contemporary personality psychology models and theories, measurement and assessment techniques, personality processes and individuals differences, and research Provides a comprehensive and in-depth overview of the field of personality psychology The Encyclopedia of Personality and Individual Differences is an important resource for all psychology students and professionals engaging in the study and research of personality.

on becoming a person carl rogers pdf: Notes to Myself Hugh Prather, 1983-10-10 Reading Notes To Myself is one of those rare experiences that comes only once in a great while. The editor who discovered the book said, When I first read Prather's manuscript it was late at night and I was tired, but by the time I finished it, I felt rested and alive. Since then I've reread it many times and it says even more to me now. The book serves as a beginning for the reader's exploration of his or her own life and as a treasury of thoughtful and insightful reminders.

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includes presuppositions about leader target population, size of group, establishment of goals and ground rules, and facilitator behavior.

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on becoming a person carl rogers pdf: The Person-Centred Approach to Therapeutic Change Michael McMillan, 2004-03-05 From the Foreword 'It is an honour to be asked to write a foreword for this new book by Michael McMillan. I have been excited about this book ever since I read early drafts of its first two chapters some time ago at the birth of the project. At different times thereafter I have read other parts and my consistent impression has been that this is an author who has both a sophisticated academic understanding of the material and a great skill in communicating that widely. Those two qualities do not often go together! The book is about change. After a first chapter in which the author introduces us to the person-centred concept of the person, chapter two is devoted to the change process within the client, including a very accessible description of Rogers' process model. Chapter three goes on to explore why and how change occurs in the human being, while chapter four introduces the most up-to-date person-centred theory in relation to the nature of the self concept and its changing process. Chapters five and six explore why change occurs in therapy and the conditions that facilitate that change, while chapter seven looks beyond the core conditions to focus on the particular quality of presence, begging the question as to whether this is a transpersonal/transcendental quality or an intense experiencing of the core conditions themselves. This is an intensely modern book particularly in its postmodern emphasis. Rogers is sometimes characterised as coming from modernist times but he can also be seen as one of the early post modernists in his emphasis on process more than outcome and relationship more than personal striving. The modern nature of the book is also emphasised by a superb analysis of the relationship between focussing and person-centred therapy in Chapter five, linking also with Polanyi's notion of indwelling in this and other chapters. In suggesting that in both focussing and person-centred therapy the therapist is inviting the client to 'indwell' himself or herself, the author provides a framework for considering many modern perceptions of the approach including notions such as 'presence' and 'relational depth'. Also, the link with focussing is modern in the sense that the present World Association for the approach covers a fairly broad family including traditional person-centred therapists, experiential therapists, focussing-oriented therapists and process-guiding therapists. Important in this development is the kind of dialogue encouraged by the present book' - Dave Mearns, Strathclyde University The belief that change occurs during the therapeutic process is central to all counselling and psychotherapy. The Person-Centred Approach to Therapeutic Change examines how change can be facilitated by the counsellor offering empathy, unconditional positive regard and congruence. The Person-Centred Approach to Therapeutic Change outlines the main theoretical cornerstones of the person-centred approach and then, applying these, describes why change occurs as a result of a person-centred therapeutic encounter. The author explores the counselling relationship as an environment in which clients can open themselves up to experiences they have previously found difficult to acknowledge and to move forward. Integral to the person-centred approach is Carl Rogers' radical view that change should be seen as an ongoing process rather than an alteration from one fixed state to another. In Rogers' view psychological health is best achieved by the person who is able to remain in a state of continual change. Such a person is open to all experiences and is therefore able to assimilate and adapt to new experiences, whether 'good' or 'bad'. By focusing explicitly on how change is theorized and facilitated in counselling, this book goes to the heart of person-centred theory and practice, making it essential

reading for trainees and practitioners alike.

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Carl Rogers, David Webb, 2013-03-14 Psychology Classics: Significant Aspects of Client-Centered Therapy Widely regarded as one of the most influential psychologists of all time, Carl Rogers was a towering figure within the humanistic movement towards person centered theory and non-directive psychotherapy. Originally published in 1946 his classic article Significant Aspects of Client-Centered Therapy is essential reading for anybody interested in psychotherapy and counseling. In this landmark publication Carl Rogers outlines the origins of client-centered therapy, the process of client-centered therapy, the discovery and capacity of the client and the client-centered nature of the therapeutic relationship. Bonus Material: Significant Aspects of Client-Centered Therapy builds upon some of Carl Rogers' previously published work. Among the most notable of these earlier works were The Processes of Therapy and The Development of Insight in A Counseling Relationship; both of which are also presented in full. Significant Aspects of Client-Centered Therapy has been produced as part of an initiative by the website All About Psychology to make important psychology publications widely available. www.all-about-psychology.com

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Carl R. Rogers, Richard Evans Farson, 2021-03-03 Active Listening is a short 1957 work by Drs. Carl R. Rogers and Richard E. Farson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the client-centered approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farson to continue his studies with him at the University of Chicago. Farson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later appointed as the founding dean of the California Institute of the Arts School of Design and served as president of the Esalen Institute. Drs. Rogers and Farson collaborated on many projects, including 1957's Active Listening. They also led a 16-hour group therapy session that was recorded and released as a film called Journey Into Self. The film won the 1968 Academy Award for Best Documentary. Active Listening describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them, in order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farson put it, It takes a great deal of inner security and courage to be able to risk one's self in understanding another. In contrast to many psychological texts, Active Listening is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their

own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farson's ideas about client-centered psychology are used in clinical practice today.

on becoming a person carl rogers pdf: Research, Applications, and Interventions for Children and Adolescents Carmel Proctor, P. Alex Linley, 2013-05-13 This book presents recent positive psychological research, applications and interventions being used among adolescents and children. Currently there is a wave of change occurring whereby educators, and others working with children and adolescents, are beginning to recognize the benefits of looking at well-being from a positive perspective, specifically the integration of positive psychological theory into the school curriculum in order to improve student well-being. Moreover, although the positive psychological field has grown tremendously since its inception, there remains an imbalance in the publication of research findings, applications, and interventions among children and adolescents in comparison to adults. This book fills the need for a reference to this valuable information and benefits a wide range of professionals, including educators, clinicians, psychologists, students, and many other working with children and adolescents.

on becoming a person carl rogers pdf: Skills in Person-Centred Counselling & Psychotherapy Janet Tolan, 2012-01-20 This book has already helped thousands of beginning practitioners understand the subtleties of the person-centred approach and develop skills in person-centred counselling practice. Now in its second edition, this step-by-step guide takes the reader through the counselling process, providing advice on how to structure and manage therapeutic work in ways which are thoroughly grounded in person-centred principles. Janet Tolan defines the key tenets of the approach - psychological contact, congruence, empathy and unconditional positive regard - and demonstrates how they are used effectively in a range of counsellor-client interactions. Describing all aspects of the therapeutic relationship from the initial meeting to ending the relationship well, this new edition contains new chapters - 'Debates and Developments in Practice' and 'Edgy and Ethical Issues'. This book is an ideal introduction for beginners and for more experienced therapists who want to extend their range. Janet Tolan is a Consultant and Private Practitioner in Manchester. She has worked extensively in education and training, most recently as leader of the Counselling and Psychotherapy Masters programme at Liverpool John Moores University.

on becoming a person carl rogers pdf: Dictionary of Person-Centred Psychology Keith Tudor, Tony Merry, 2006-07-01 Originally published by Whurr in 2002, PCCS Books is delighted to be re-issuing this well-received book. This dictionary provides a comprehensive guide to key concepts in person-centred psychology. Whilst the person-centred approach to counselling and psychotherapy is one of the most popular today, it is also widely misunderstood. Definitions in this dictionary clarify concepts fundamental to the approach, summarise key and current debates within the approach, and, with extensive referencing, provide starting points for further study. Further entries emphasise the relationship between the person-centred and other approaches to psychology, as well as the social and cultural context of therapy. The book also includes entries on terms which have particular meaning within the person-centred approach. This is an essential resource for all those wanting to understand the history of current developments within person-centred psychology

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practical implications of what is, in effect, a functional philosophy of human growth and relationships. In the twenty years since the first edition of Carl Rogers appeared, the book has continued to provide an accessible introduction for all practitioners and students of the person-centred approach.

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