

Person-centred and humanistic Counselling

The theory

The person-centred approach places a significant emphasis on the counselling relationship, the qualities of the therapist and the client's personal experience. Carl Rogers (the founder of this approach) believed that conditions offered by the therapist provide a climate conducive to growth and therapeutic change, as he believed that our central motivation is to learn and to grow.

Other 'Humanistic' theories include Existentialism, Gestalt and Maslow's Hierarchy of Needs. These, like the person-centred approach, all root in the philosophy that we are born with a constructive potential and have an internal, biological force to develop our capacities and talents to the fullest.

The Therapy

A humanistic counsellor will aim to accept you unconditionally and non-judgementally. You will be free to explore all thoughts and feelings, positive or negative, without danger of rejection or condemnation. You may explore what arises in the 'here and now' and the counsellor should accurately understand your thoughts, feelings, and meanings from your reality.

A humanistic counsellor does not present an aloof professional facade, but is present and transparent with no air of authority or hidden agenda. Your sessions will be directed by you and the counsellor will work with what you bring.