

Carl Rogers

- **Carl Rogers(1902-1987) is considered one of the most influential psychologists of the 20th century.** He is best known for developing the psychotherapy method called client-centered therapy and as one of the founders of humanistic psychology. Carl Rogers Full Name:Carl Ransom Rogers
- Carl Roger is a well-known American psychologist that is considered to be one of the founders of humanistic types of approach in psychology. He is considered to be the father of researches regarding psychotherapy and was honored by several institutions with the vast number of contributions that he had contributed in the field of

APPROACHES

- His psychological approaches are known to be essential that introduces several concepts and theories regarding the development of humans. His approaches are more of the understanding relationships of the people that correspond to a wide domain of ideas and approaches in psychology. Carl Rogers contribution to psychology focuses primarily on approaches that would develop the relationship of the people with each other at the same time developing their own personality.

Theory

Self-Actualization

- Rogers believed that all people possess an inherent need to grow and achieve their potential. This need to achieve self-actualization, he believed, was one of the primary motives driving behavior.
 - **Unconditional Positive Regard**
- For psychotherapy to be successful, Rogers suggested, it was imperative for the therapist to provide unconditional positive regard to the client. This means offering support and a lack of judgment, no matter what the client feels, does, or experiences. The therapist accepts the client as they are and allows them to express both positive and negative feelings without judgment or reproach.

Development of the Self

Rogers believed that the formation of a healthy self-concept was an ongoing process shaped by a person's life experiences. People with a stable sense of self tend to have greater confidence and cope more effectively with life's challenges.

Rogers suggested that [self-concept](#) begins to develop during childhood and is heavily influenced by parenting. Parents who offer their children unconditional love and regard are more likely to foster a healthy self-concept. Children who feel that they have to “earn” their parents' love may end up with low self-esteem and feelings of unworthiness.

Congruence

Rogers also suggests that people tend to have a concept of their “ideal self.” The problem is that our image of who we think we should be does not always match up with our perceptions of who we are today. When our self-image does not line up with our ideal self, we are in a state of incongruence. By receiving unconditional positive regard and by pursuing the actualizing tendency, however, people can come close to reaching a state of congruence.

The Fully-Functioning Person

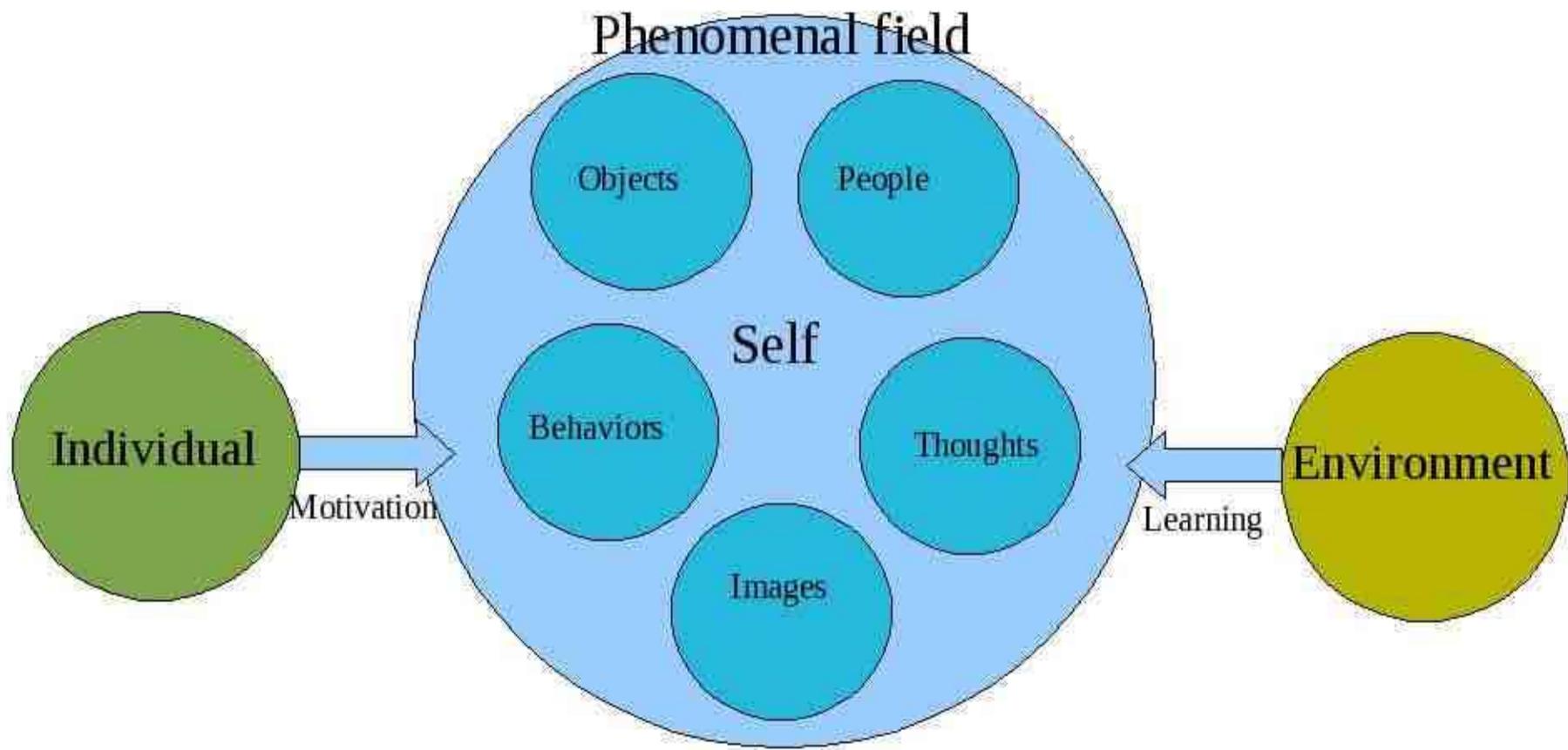
Rogers suggested that people who continually strive to fulfill their actualizing tendency could become what he referred to as fully-functioning. A [fully-functioning person](#) is one who, is completely congruent and living in the moment. Like many other aspects of his theory, unconditional positive regard plays a critical role in the development of full functioning. Those who receive nonjudgmental support and love can develop the self-esteem and confidence to be the best person they can be and live up to their full potential.

Contributions to Psychology

With his emphasis on human potential, Carl Rogers had an enormous influence on both psychology and education.

Beyond that, he is considered by many to be one of the most influential psychologists of the 20th century. More therapists cite Rogers as their primary influence than any other psychologist.

As described by his daughter Natalie Rogers, he was "a model for compassion and democratic ideals in his own life, and in his work as an educator, writer, and therapist."



Carl Rogers: Client-Centered Therapy

Carl Rogers (1902-1987)

rather than **patient**.

- was a humanistic American psychologist who focused on the therapeutic relationship and developed a new method of **client-centered therapy**.
- Was one of the first to use the term **client**

