Client centered therapy book pdf

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Filed under: Books, Resources, Uncategorized Post Navigation ← Previous PostNext Post → Educated at the University of Wisconsin, Carl Rogers intended to become a Protestant minister, entering the Union Theological Seminary in 1924. When he realized that he was more interested in spirituality than religion, he left the seminary. While working on his Ph.D. at Columbia University, he began to question some of the accepted techniques of psychotherapy, especially in the area of therapist-patient relationships. According to Current Biography, "he is best known as the originator of the nondirective "client centered' theory of psychotherapy. This prescribes a person-to-person, rather than a doctor-patient relationship between therapist and client, and allows the client to control the course, pace, and length of his own treatment."Rogers incorporated many of the elements of this theory into the basic structure of encounter groups. The author of many books and articles, Rogers taught at several large universities for many years and conducted a private practice as a counseling psychologist. He received many professional awards in official recognition of his high achievements, most notably the presidency of the American Psychological Association (1946--47). Loading... Cookies are used to provide, analyse and improve our services; provide chat tools; and showyou relevant content on advertising. You can learn more about our use of cookies hereAre you happy to accept cookies? We use cookies and similar tools that are necessary to enable you to make purchases, including those used by approved third parties (collectively, "cookies") for the purposes described below. You can learn more about how we (plus approved third parties) use cookies and how to change your settings by visiting the Cookies notice. The choices you make here will apply to your interaction with this service on this device. 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Show less Show more Advertising ON OFF If you agree, we will use cookies to complement your shopping experience, as described in our Cookie Notice Show less Show more 12%off Carl Rogers was Professor of Psychology and Psychiatry at the University of Wisconsin and Head of the Psychotherapy Research Section of the Psychiatric Institute. He was active in the practice of psychotherapy for over thirty years, and the originator of what is called 'client-centered' therapy. He died in 1987. show more 486 ratings 4.22 out of 5 stars 5 44% (215) 4 38% (183) 3 15% (71) 2 3% (15) 1 0% (2) {"bd_js_shop":"Shop","bd_js_too_long_for_shipping_label":"Sorry, that's too long for our shipping labels","bd_omnibus_ph1_price_statement_suffix":"vs RRP","bd_js_too_long":"Sorry, that's too long","bd_js_could_not_find_address_try_again":"Sorry, we couldn't find the address. 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Having those snippets of Rogers' thoughts was useful, but I felt a duty to read from cover-to-cover the foundational work of the person-centred approach if I was serious in training to be a counsellor. So, during the summer break, that's what I've done and found it definitely worthwhile.It took me a while to get through, not because I found it difficult or boring, but because it was thought-provo I'd read bits and pieces of this book over the last 12 months in order to get references for essays. Having those snippets of Rogers' thoughts was useful, but I felt a duty to read from cover-to-cover the foundational work of the person-centred approach if I was serious in training to be a counsellor. So, during the summer break, that's what I've done and found it definitely worthwhile.It took me a while to get through, not because I found it difficult or boring, but because it was thought-provoking and challenging. Many times I've had to put the book down to work through a chain of thought, to reflect upon my own values and ways of being (forgive the in-reference). If I had some of the bricks for an edifice of a person-centred way of being, I think this provides the mortar. Now all I need to do is build something! ...more Mar 29, 2015 Gerald Jerome rated it it was amazing It's probably going to be hard to formulate my thoughts on this material in a consistent and progressive manner. But I'll give it a shot just the same... I'll mainly be outlining what I interpreted as the general gist of the material as well as particular points that felt impacting along with page citations for certain references (wherever I've recorded them).Early on in the preface the reader is faced with Rogers' philosophical roots when he refers to himself as 'a midwife to a new personality. It's probably going to be hard to formulate my thoughts on this material in a consistent and progressive manner. But I'll give it a shot just the same... I'll mainly be outlining what I interpreted as the general gist of the material as well as particular points that felt impacting along with page citations for certain references (wherever I've recorded them).Early on in the preface the reader is faced with Rogers' philosophical roots when he refers to himself as 'a midwife to a new personality.' (x,xi) This quotation is reminiscent of Socrates who once considered himself a midwife to men concerning their souls and self-knowledge. It would only stand to reason that such familiarity with basic considerations of life would go hand in hand with proposing fundamental roots of human behavior and introspection as Rogers attempts to do in this publication. It is not just a formulation of a theory, but (following indications of the full title) is an overview of practice and application of client-centered therapy overall.Rogers is particularly sharp and expressively clear in some of his approaches concerning therapy and philosophy of the therapeutic relationship. That being said, there are some areas where the reader can apprehend that vagaries will be rife and grasping difficult. The major stumbling blocks of this sort appear to be his concepts of "self" and "self-actualization." It should be noted for the author's benefit however that from the beginning he states that he feels words are incapable of capturing the entirety of the therapeutic process and understanding thereof. Therefore, experience should dictate and precede theory as words will always fall short of the full experience. (Preface, 15-17)I already found one of his propositions to resonate well within me from the beginning. It was stated that [American?] culture had become less homogenous; this resulted in fewer "right" answers to be found socially and a greater press for therapy and self-exploration. (4, 192) I've sometimes found myself envious of the strict guidelines held by some cultures. These guidelines for personal and social conduct can make it easier for a person to determine where they fit in to everything without much thought or effort. This is not to assume that problems do not occur everywhere or that there aren't drawbacks inherent in allowing social guidelines to dictate your life, but that with such exaggerated freedom comes a press for individual responsibility and lack of clarity of where one might guide themselves.The entire approach appears to be the clients as experts on themselves. A coalescence of experience and perception is idiosyncratic and private only to ourselves. It is the role of the therapist to reflect (and accept) the expressions of the client with the emotional obfuscation removed. Something that Rogers seemed to hint on but never address completely is that often the thoughts suppressed from consciousness are those that don't fit into the essentially BINARY worldview of the client. It is once they accept all manners of gradient in assessing situations and see themselves as the assessors and judges of all things good and bad with no one thing actually possessing "good" or "bad" elements free from relative assessment that the client moves toward a more self-aware level of relation to the world around them. This is what eventually leads to the easing of tensions that grew from inconsistencies in experience and self-concept. Again, experience is the most direct element of reality we possess (ex. I find myself attracted to the same sex). By contradicting experience with self-concept (I shouldn't be attracted to the same sex [because society, relatives, and religion say so], I can't be attracted to the same sex [because this would render me unlovable], therefore I am NOT attracted to the same sex [because I fear the outcome, whether consciously or otherwise]), anxieties and disconnect with one's self arise.Maybe this approximation is only my own but I found Rogers' view to be similar to that of Zen Buddhism. The "goal" appears to be consistence and congruence of self-concept with the actual self, if it can be so called a "goal" in such an approach as this which attempts to free itself from value-judgments. Zen of course claims to also not be wholly transmitted through words but I would at least approximate it to experiencing experience.The publication is expected to be a bit outdated from the earliest manuscript in the 50s. The research support also seems to be meek, but again, psychology was and can still be considered in its infancy.Back to the concepts of "self" and "self-actualization." The former seems to be a structure of experiential and perceived experiential exposure of the "organism." The words "perceived experiential" exposure here is meant to imply that the experience is not truly the individual's, but an assimilation of outside social assessments of the individual or phenomena the individual may find him or herself experiencing. Self-actualization, from the best I could glean, is the organism's move toward a more positive and consistent wholeness of self-concept and experience. I'm sorry if all this seems vague. The publication itself is not very thorough in these definitions, my own understanding may be lacking, and I must refer once again that Rogers felt that some parts of experience are not adequately captured by words.I don't feel like finishing this review at the moment. I'll come back to it at a later time and add the rest of my understanding as well as personal assessment of the material presented.Update 8-26-15: I'll probably never fully review this at this point. So what I have written so far is all we have. Sorry. ...more Sep 26, 2021 Geert Dijkstra rated it really liked it Prachtig boek over client gerichte therapie inzichten zijn dat je alle attitudes van de ander kunt accepteren en zien vanuit een onconditionele aanvaarding. Hierdoor kun je de ander helpen een beter geïntegreerd persoon te worden. Het gaat uiteindelijk om zonder oordeel luisteren en de ander accepteren in hoe hij is. De inhoud van het boek vond ik fantastisch de leesbaarheid wat minder vanwege academisch taalgebruik en langdradigheid. Feb 05, 2020 Jenny Riley rated it it was amazing I had a general concept of client-centered therapy and a client-centered approach to counseling that I had acquired through working at my social service agency for the past thirteen years, but through reading this book I came to fully understand the foundational concepts of this approach and how it might work in implementation with clients in real life scenarios. I do not fully agree that a nondirective approach would work in all cases, but I feel that there is much benefit in beginning the coun I had a general concept of client-centered therapy and a client-centered approach to counseling that I had acquired through working at my social service agency for the past thirteen years, but through reading this book I came to fully understand the foundational concepts of this approach and how it might work in implementation with clients in real life scenarios. I do not fully agree that a nondirective approach would work in all cases, but I feel that there is much benefit in beginning the counseling relationship with the idea that a client is worthy of respect and should be seen as someone who has an ability to make changes himself rather than someone needing to be taught the answers by the counselor. I also found the emphasis placed on the importance of the counselor having a genuine attitude of acceptance and empathy, as well as being comitted to achieving a high level of personal awareness and growth to be a refreshing reminder.I felt that the first part of the book was helpful in defining the idea of client-centered therapy, expanding on the idea of how the process of this type of therapy is experienced by both the client and the counselor, and how this type of therapy can be beneficial in facilitating change in the client and helping the client achieve a more adjusted and integrated sense of self.I found the second half of the book more challenging since it provided examples of client-centered techniques in situations that did not apply to areas in which I work, but there were some chapters that I found completely engaging and helpful. The chapter, "Group-centered Leadership and Administration," was particularly enlightening in the way it viewed the stucture of the organization and how using a client-centered/group-centered approach can help myself and other members of the organization feel more satisfied within the organization and in return cause the organization to function more effectively. I also feel like the chapter, "A Theory of Personality and Behavior," provided me with a new way of viewing personality that I connected with and will continue to refer back to in future study.All in all I feel like this book helped me to grow as a counselor and I would highly recommend it to anyone who is seeking a better understanding of client-centered therapy. I will most certainly be re-reading sections of the book again and using it to inform my approach to counseling moving forward. ...more Grinnell College had about 1200 students and a generally middle-aged faculty devoted to teaching. The younger teachers were there either as visiting instructors or on probation, hoping for regular appointments. The faculty of the Department of Psychology were basically experimentalists, not psychotherapeutically inclined.Thus, when I returned to college newly interested in psychology after being out of it during the 1971/72 year owing to problems with the draft board, there were few classes in t Grinnell College had about 1200 students and a generally middle-aged faculty devoted to teaching. The younger teachers were there either as visiting instructors or on probation, hoping for regular appointments. The faculty of the Department of Psychology were basically experimentalists, not psychotherapeutically inclined.Thus, when I returned to college newly interested in psychology after being out of it during the 1971/72 year owing to problems with the draft board, there were few classes in the catalog which spoke to my particular interests in the field. Fortunately, two of the new visiting professors, names, but not faces, now forgotten, were psychotherapists and agreed to offer independent and group independent studies on their own particular interests in what was called "humanistic" psychology. I read Roger's CCT in such a context, my second exposure to him, the first having been in an earlier EdPsych class.While I had liked his Freedom to Learn, I found CCT to be very boring after the first sections on at least two accounts. First, Rogers and his coauthors spoke to my own prejudices and weren't challenging. Second, the idea of taking money from clients for the kind of minimalist non-directive therapy they advocated seemed unethical. ...more Aug 17, 2017 Brandt rated it really liked it In Client-Centered Therapy: Its Current Practice, Implications and Theory, Carl R. Rogers, Elaine Dorfman, Thomas Gordan, and Nicholas Hobbs, present a synthesis of the basic philosophy of nondirectional counseling. This book exposes the meaning through which personal counseling is achieved through a subtle process of self-realization.Through the integration of commentary on documented therapeutic sessions, the perspective of Dr. Roger’s counseling procedures are subjected to both experimental In Client-Centered Therapy: Its Current Practice, Implications and Theory, Carl R. Rogers, Elaine Dorfman, Thomas Gordan, and Nicholas Hobbs, present a synthesis of the basic philosophy of nondirectional counseling. This book exposes the meaning through which personal counseling is achieved through a subtle process of self-realization.Through the integration of commentary on documented therapeutic sessions, the perspective of Dr. Roger’s counseling procedures are subjected to both experimental and scientific analysis. The unfolding of the nondirective attitude contributes to every field of therapy from play to group considerations. This text expresses the deeply held belief that what is genuine and has real meaning cannot sometimes be expressed in words. Nondirective counseling is thought of as a process and experience in a dynamic relationship. More importantly, Dr. Rogers has endeavored to bring the realities of the counseling session – the anxiety, the despair, the hope, and the satisfaction – into the text. Moreover, great consideration is given to the uniqueness of the relationship between client and therapist, culminating in the personal experiences of both. This review could go on for well over twenty pages if I was to cover the most important concepts developed in this book. Therefore, I will stand by my rating and end with two quotes I found to be valuable from the reading.First,“…[C]lient-centered therapy, with the intense focusing upon self which it involves, has as its end result, not more self-consciousness, but less. One might say that there is less self-consciousness and more self…That the self functions smoothly in experience, rather than being an object of introspection. Or as one client states in a follow-up interview one year after the conclusion of therapy: ‘I’m not self-conscious like I used to be…I don’t concentrate on being myself. I just am’” (129).Second, the VIIth proposition from the chapter “A Theory of Personality and Behavior“, “The best vantage point for understanding behavior is from the internal frame of reference of the individual himself” (494).If you are so inclined to “really” read the book (sorry for my transference in this comment, it just appears that some of the reviewers failed to read the book, or grasp its concepts), I would highly suggest that you take your time and understand the last chapter, “A Theory of Personality and Behavior,” as the culmination, or “proof” if you will, about the fundamental soundness of the client-centered approach to counseling.Happy Reading! ...more Sep 10, 2020 Simon Lee rated it really liked it · review of another edition This book has been on my in progress list for a year, as I've been dipping in and out of it while reading other books. It's a key person-centred text that every counsellor or would-be counsellor should own, but it's a world away from many of today's more easily accessible texts. This was back when Rogers was still used to writing academic papers, so parts of it are pretty heavy going, with a lot of transcriptions of counselling sessions. What was really eye-opening for me was in the latter stage This book has been on my in progress list for a year, as I've been dipping in and out of it while reading other books. It's a key person-centred text that every counsellor or would-be counsellor should own, but it's a world away from many of today's more easily accessible texts. This was back when Rogers was still used to writing academic papers, so parts of it are pretty heavy going, with a lot of transcriptions of counselling sessions. What was really eye-opening for me was in the latter stages of the book, when Rogers talks about how person-centred therapy should be taught. Those ideas and concepts form a learning model that is still in use today, which is testament to its longevity. It's interesting to see Rogers talk about introjected values at length, too and shows just how much of a pioneer he was in an age were psychoanalysis was largely still the dominant force. ...more Jul 07, 2022 Georgina rated it liked it · review of another edition This was really hard for me to review as on one hand the concept of person centred therapy and what he brought to the field is incredible, but on the other I found it quite hard going in places. I am glad that I persevered and finished it and I will be reading more of his work, but perhaps in smaller chunks at a time.This is the original bible for person centred therapists where the basis for this type of therapy is founded. In my own journey I have found this to be the best approach and empower This was really hard for me to review as on one hand the concept of person centred therapy and what he brought to the field is incredible, but on the other I found it quite hard going in places. I am glad that I persevered and finished it and I will be reading more of his work, but perhaps in smaller chunks at a time.This is the original bible for person centred therapists where the basis for this type of therapy is founded. In my own journey I have found this to be the best approach and empowers the client to make their own path through therapy, rather than be given homework and exercises or have an analyst try to piece together the parts to come to a conclusion for you.I'm glad to have read it, but don't think I'd have finished if I wasn't studying this area. ...more Mar 21, 2021 Rebekah rated it it was amazing My favorite psychologist of undergrad. Rogers is where I learned the term “unconditional positive regard” the phrase that still governs my parenting and therapy relationships Nov 01, 2007 Samara Serotkin rated it really liked it Essential reading for me right now, I love Carl Rogers but am feeling a little bogged down by his language in this book. Matbe it's just the look of the copy I have- it's a really old, musty copy I got for $1 from the school library sale a while back. I love Carl Rogers' ideas, though, and I find it really validating to read about his work with clients. Essential reading for me right now, I love Carl Rogers but am feeling a little bogged down by his language in this book. Matbe it's just the look of the copy I have- it's a really old, musty copy I got for $1 from the school library sale a while back. I love Carl Rogers' ideas, though, and I find it really validating to read about his work with clients. ...more Aug 01, 2012 Kate rated it it was ok I really like Carl Rogers' approach to therapy, but I was hoping for more technique from the book. It was mostly research practices and some great client perspectives, but not a lot for someone who wants to learn about /doing/ this type of therapy other than the awesome base philosophy. Still looking for the right book. I really like Carl Rogers' approach to therapy, but I was hoping for more technique from the book. It was mostly research practices and some great client perspectives, but not a lot for someone who wants to learn about /doing/ this type of therapy other than the awesome base philosophy. Still looking for the right book. ...more Luisa Lorusso rated it it was amazing Feb 01, 2016 Sarah rated it really liked it Jan 08, 2022 Lorelei rated it it was amazing Feb 13, 2016 átlagember rated it really liked it Dec 25, 2018 Marta rated it it was amazing Jul 18, 2014 Despina Panou rated it it was amazing Jun 05, 2020

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