Person-Centered Therapy Worksheet: VERSION 2

Read the information carefully provided in the worksheet.

What is Person-Centered Therapy?

People, according to Rogers, have a self-actualizing propensity, or a desire to reach their full potential and become the best version of themselves. His approach to therapy was designed to help individuals reach their full potential by depending on their own ability to change. According to the humanistic school of thought, every individual is unique and different, you can’t just simply treat every other individual in a similar way.

Following are some of the techniques or skills that are mandatory for humanistic therapists.

Techniques used by Person-Centered Therapists:

- **Congruence:** Genuineness and congruence with your clients are one of the key factors that describe CC therapists. This implies that they always act in accordance with their own thoughts and feelings, sharing openly and honestly.

- **Unconditional Positive Regard:** No matter what you are dealing or experiencing, your therapist will demonstrate unconditional positive regard by accepting you for who you are and expressing support and compassion. You don’t have to judge your client at any cost.

- **Empathetic Understanding:** During sessions, the therapist will demonstrate empathy by serving as a mirror for your feelings and thoughts. They'll try to comprehend you and be aware of and sensitive to your experiences and perspectives. Try to connect or put yourself in their shoes to understand their perspective in life.