

# Person Centered Psychotherapy

Person-centred Psychotherapy uses a non-directive approach that allows clients to take more of a lead in discussions so that, in the process, they will discover their own solutions. The therapist acts as a compassionate facilitator, listening without judgment and acknowledging the client's experience without moving the conversation in another direction. The therapist is there to encourage and support the client and to guide the therapeutic process without interrupting or interfering with the client's process of self-discovery.

Anyone who would be better off gaining more self-confidence, a stronger sense of identity, and the ability to build healthy interpersonal relationships and to trust his or her own decisions could benefit from person-centred therapy. This approach, alone or in combination with other types of therapy, can also be helpful for those who suffer from grief, depression, anxiety, stress, abuse, or other mental health conditions.

Person-centred therapy, also known as Rogerian therapy, originated in the work of the American psychologist, Carol Rogers, who believed that everyone is different and, therefore, everyone's view of his or her own world, and ability to manage it, should be trusted. The success of person-centred therapy relies on three conditions:

- 1) Unconditional positive regard, which means therapists must be empathetic and non-judgmental to convey their feelings of understanding, trust, and confidence that encourage their clients to make their own decisions and choices
- 2) Empathetic understanding, which means therapists completely understand and accept their clients' thoughts and feelings.
- 3) Congruence, which means therapists carry no air of authority or professional superiority but, instead, present a true and accessible self that clients can see is honest and transparent.