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—toward a process that allows clients to use their own understanding of their experiences...

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attacked the person-centred approach and secondly to cultivate a greater critical awareness and understanding within the approach itself. As such it makes a significant contribution to the person-centred literature and provides an excellent resource for use in training.

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A person enters person centered therapy in a state of incongruence. It is the role of the therapists to reverse this situation. Rogers (1959) called his therapeutic approach client-centered or person-centered therapy because of the focus on the person's subjective view of the world.

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A Definition Client-Centered Therapy, also known as Client-Centered Counseling or Person-Centered Therapy, was developed in the 1940s and 50s as a response to the less personal, more “clinical” therapy that dominated the field.

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## **Person-Centered Therapy (Rogerian Therapy)**

Person-centred therapy, also known as person-centred or client-centred counselling, is a humanistic approach that deals with the ways in which individuals perceive themselves consciously, rather than how a counsellor can interpret their



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unconscious thoughts or ideas.

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With client- or person-centered therapy, the focus is on the individual, and the therapist is a sounding board. The basic tenets of CCT are: Unconditional positive

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regard- accepting the client where and  
how he or she is Congruence- the ability  
of the therapist to relate to the client by  
dropping the professional facade and  
being human

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The person-centred approach was originally focused on the client being in charge of the therapy which led to the client developing a greater understanding of self, self-exploration, and improved self-concepts.

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