Person-Centered Approach- Multicultural Populations

Shelly McKee, Joseph Jones, Anthony,T

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PHILLIP FLIPPEN

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Within Team B, each article that we have discussed basically gives a summary as to what Rogerian person centered therapy approach is about, and the use of it as well. One member from the team discussed how therapist can provide and nurture a supportive as well as positive type of environment which in return would ensure that the therapy sessions would make the encounter much simpler and smoother. One other member from the team, discussed the manner by which client center therapy functions to include what principles reflect how the therapist attitude at the time of therapy toward the client, also plays a significant role in achieving progress throughout therapy sessions.

**Meta-Theoretical Perspective**

 In an article titled “Person-Centered Approach, Positive Psychology, and Relational Helping: Building Bridges”, it mentions a theory by Carl Rogers called the Meta-Theoretical Perspective. This theory suggests that if something, or someone, is given the right amount of materials it can develop its full potential. However, a lack of materials can hold inhibit the development, thus keeping something or someone from reaching its full protentional. An example given by this article is how an acorn can grow into an oak tree providing it has the right amount of nutrients and sunlight, or the lack of those nutrients can keep the acorn from becoming an oak tree (Joseph & Murphy, 2012). Just as an acorn must receive the right amount of nutrients and sunlight, humans must also receive the right amount of positive influences, such as being in a positive environment, and or positive culture, to be able to reach a level of functioning. Basically, you provide someone with teaching of good morals and values, along with placing them in an environment with likeminded people, it is believed they could possible reach their full potential. However, Rogers believed that those chances were small because it is uncommon for someone to be in that type of environment (Joseph & Murphy, 2012). Most environments have some type of negative influences, which hinder the growth of many.

**Person-Centered Approach**

Person-centered therapy diverges from the customary model of the therapist as a specialist in treatments of psychological conditions. This approach empowers the patient to actively participate in the treatment process because the fundamental principle of the theory is the idea that human beings strive to be the best version of the self and has capacity to attain maximum potential. It is an imperative for a person-centered therapist to learn to recognize human potential by providing client understanding and absolute positive regard which is essential for the facilitation of change in the individual. This implies that the desire to change for the better is innate but it requires the appropriate enabling conditions to manifest itself. This approach can be successfully implemented by the therapist if he or she follows the client’s lead as much as possible. The therapist’s input should mainly focus on support and guidance of the client in structure that helps the client to discover personalized solutions from within.

According to the British Association for the Person-Centered Approach, persons have within themselves vast amount of resources that support self-awareness and for changing their self-concepts, the basic attitudes, as well as self-directed behavior (Tolan, et al., 2016).

Carl Rodgers identified six necessary factors for growth. He stated explained that the first and most critical step is to have an understanding and contact between the therapist and the client. The second condition is vulnerability. In order for a vulnerability to occurs the client must have a discrepancy between his or her self-image and the actual experience. This makes it the responsibility of the therapist to guide the client into discovering the self-image within. The third condition includes the therapist’s authenticity in the therapeutic relationship. The fourth condition involves the ability of the therapist to offer unconditional positive regard in order to enable the client to share openly about personal experiences. The fifth condition is the therapist’s empathy (Vincent, 2017) towards the patient’s situation and finally, the degree of client perception also plays an important role during the entire therapeutic session.

To say the least, altogether Team B as a whole, believes that Rogerian Theory, does indeed have a principle that is fundamental to all therapist, and that they should incorporate such knowledge and advice into personal sessions. An approach like this, adds such value and significance to the client/therapist relationship, that this would be a waste of knowledge to not put it into such successful use. A client will more likely be willing to open up about his/her experiences if they are placed in an environment that welcomes them and provides both positive and negative feedback on their situation, as well as be supportive of the process and situation at hand. From a therapist stance, the success rate that they will have with their clients, will be well worth the effort.

**References**

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