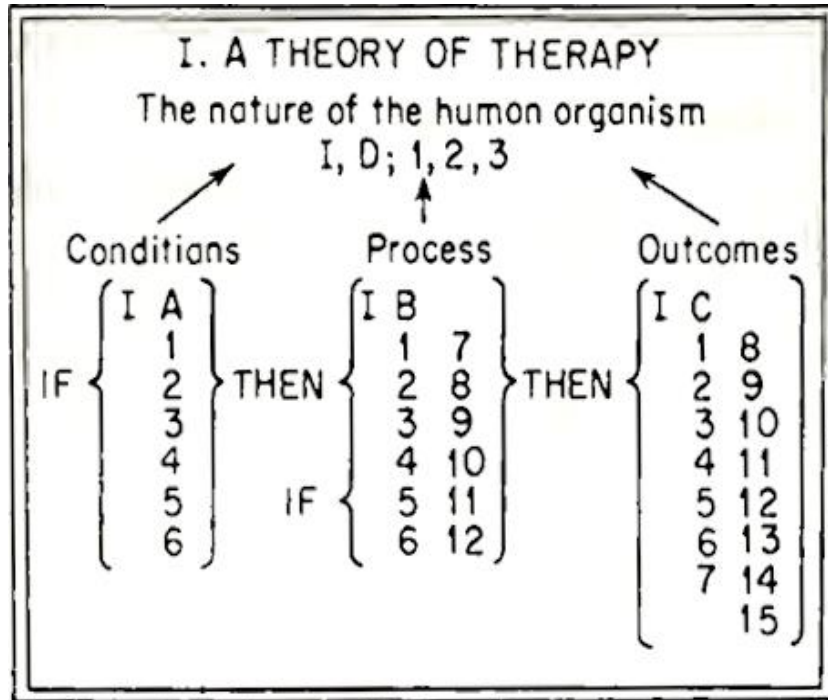


# Carl Rogers Teori om Terapi



Niels Bagge

Aut. psykolog

28. februar 2025

Dansk Carl Rogers Forum

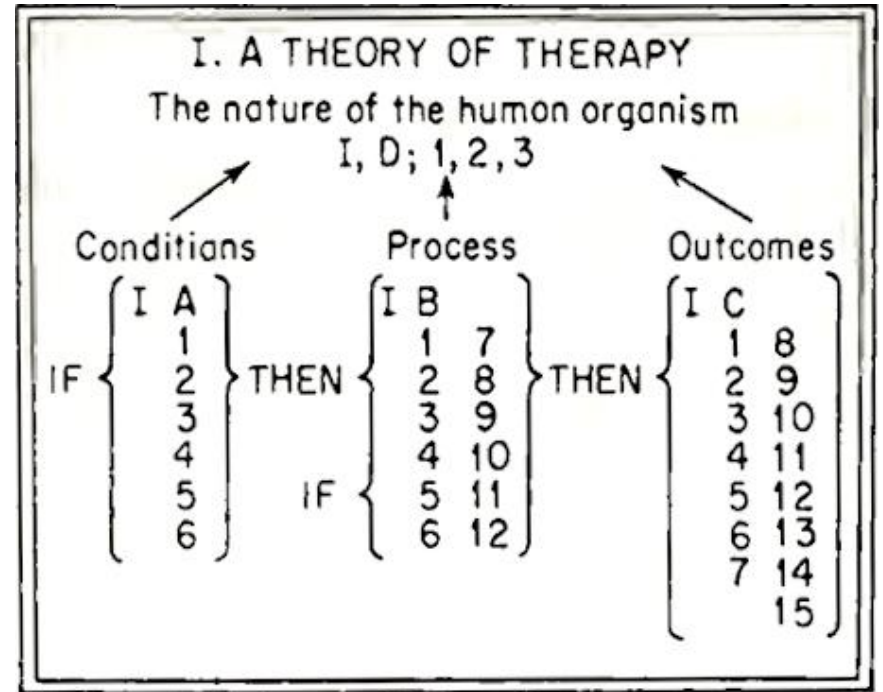
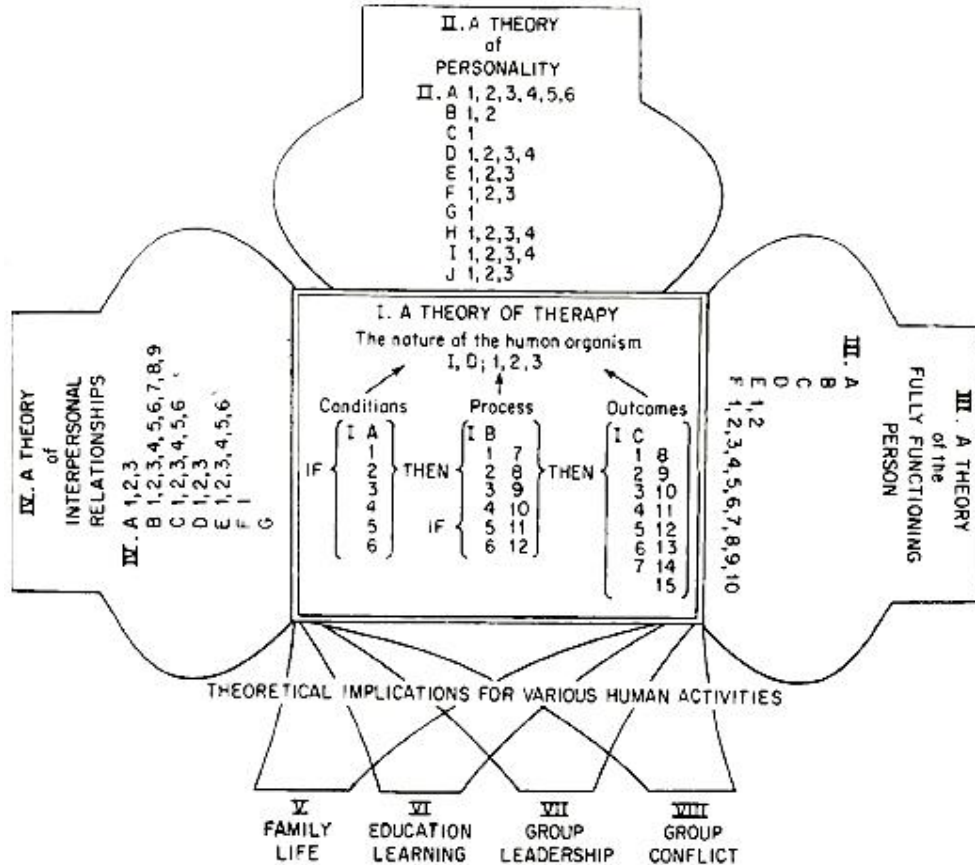
# Carl Rogers & kilden



Carl Rogers

Rogers, C. R. (1959). A Theory of Therapy, Personality, and Interpersonal Relationships: As Developed in the Client-Centered Framework. In S. Koch (Ed.), *Psychology: A Study of a Science. Formulations of the Person and the Social Context* (Vol. 3, pp. 184-256). New York: McGraw Hill.

# A Theory of Therapy



## A. *Conditions of the Therapeutic Process*

For therapy to occur it is necessary that these conditions exist.

1. That two persons are in *contact*.
2. That the first person, whom we shall term the client, is in a state of *incongruence*, being *vulnerable*, or *anxious*.
3. That the second person, whom we shall term the therapist, is *congruent in the relationship*.
4. That the therapist is *experiencing unconditional positive regard* toward the client.
5. That the therapist is *experiencing an empathic* understanding of the client's *internal frame of reference*.
6. That the client *perceives*, at least to a minimal degree, Conditions 4 and 5, the *unconditional positive regard* of the therapist for him, and the *empathic* understanding of the therapist.

## B. The Process of Therapy

When the preceding conditions exist and continue, a process is set in motion which has these characteristic directions:

1. The client is increasingly free in expressing his *feelings*, through verbal and/or motor channels.
2. His expressed feelings increasingly have reference to the *self*, rather than nonself.
3. He increasingly differentiates and discriminates the objects of his *feelings* and *perceptions*, including his environment, other persons, his *self*, his *experiences*, and the interrelationships of these. He becomes less *intensional* and more *extensional* in his *perceptions*, or to put it in other terms, his experiences are more *accurately symbolized*.
4. His expressed *feelings* increasingly have reference to the *incongruity* between certain of his *experiences* and his *concept of self*.
5. He comes to experience in awareness the threat of such *incongruence*.
  - a. This *experience of threat* is possible only because of the continued *unconditional positive regard* of the therapist, which is extended to *incongruence* as much as to *congruence*, to *anxiety* as much as to absence of *anxiety*.

6. He *experiences* fully, in *awareness*, feelings which have in the past been *denied to awareness*, or *distorted in awareness*.
7. His *concept of self* becomes reorganized to assimilate and include these *experiences* which have previously been *distorted in* or *denied to awareness*.
8. As this reorganization of the *self-structure* continues, his *concept of self* becomes increasingly *congruent* with his *experience*; the *self* now including *experiences* which previously would have been too *threatening* to be in *awareness*.
  - a. A corollary tendency is toward fewer perceptual *distortions in awareness*, or *denials to awareness*, since there are fewer *experiences* which can be *threatening*. In other words, *defensiveness* is decreased.
9. He becomes increasingly able to *experience*, without a feeling of *threat*, the therapist's unconditional positive regard.
10. He increasingly feels an *unconditional positive self-regard*.
11. He increasingly *experiences* himself as the *locus of evaluation*.
12. He reacts to *experience* less in terms of his *conditions of worth* and more in terms of an *organismic valuing process*.

### C. Outcomes in Personality and Behavior

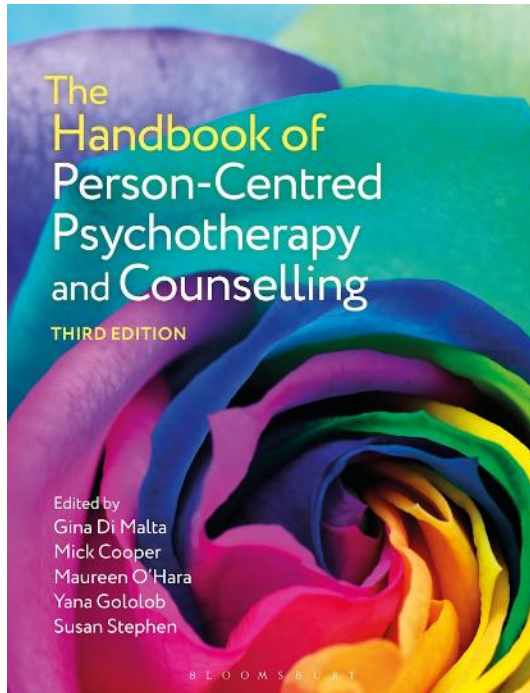
There is no clear distinction between process and outcome. Items of process are simply differentiated aspects of outcome. Hence the statements which follow could have been included under process. For reasons of convenience in understanding, there have been grouped here those changes which are customarily associated with the terms *outcomes*, or *results*, or are observed outside of the therapeutic relationship. These are the changes which are hypothesized as being relatively permanent:

1. The client is more *congruent*, more *open to his experience*, less *defensive*.
2. He is consequently more realistic, objective, *extensional* in his *perceptions*.
3. He is consequently more effective in problem solving.
4. His *psychological adjustment* is improved, being closer to the optimum.
  - a. This is owing to, and is a continuation of, the changes in *self-structure* described in B7 and B8.
5. As a result of the increased *congruence of self and experience* (C4 above) his *vulnerability to threat* is reduced.
6. As a consequence of C2 above, his perception of his *ideal self* is more realistic, more achievable.
7. As a consequence of the changes in C4 and C5 his *self* is more *congruent* with his *ideal self*.
8. As a consequence of the increased *congruence of self and ideal self* (C6) and the greater *congruence of self and experience*, tension of all types is reduced — physiological tension, psychological tension, and the specific type of psychological tension defined as *anxiety*.
9. He has an increased degree of *positive self-regard*.
10. He *perceives* the *locus of evaluation* and the locus of choice as residing within himself.
  - a. As a consequence of C9 and C10 he feels more confident and more self-directing.
  - b. As a consequence of C1 and C10, his values are determined by an *organismic valuing process*.
11. As a consequence of C1 and C2, he *perceives* others more realistically and accurately.
12. He *experiences* more *acceptance* of others, as a consequence of less need for distortion of his perceptions of them.
13. His behavior changes in various ways.
  - a. Since the proportion of *experience* assimilated into the *self-structure* is increased, the proportion of behaviors which can be “owned” as belonging to the *self* is increased.
  - b. Conversely, the proportion of behaviors which are disowned as *self-experiences*, felt to be “not myself,” is decreased.
  - c. Hence his behavior is *perceived* as being more within his control.
14. His behavior is perceived by others as more socialized, more *mature*.
15. As a consequence of C1, 2, 3, his behavior is more creative, more uniquely adaptive to each new situation, and each new problem, more fully expressive of his own purposes and values.

# Video: Cathy (1978)



# Nyere Personcentreret Teori



## Summary

Rogers' model of personality and human development emerged in the 1940s and 1950s. It holds that, through a need for positive regard, we come to be alienated from our actual, primary experiencing – and thereby from our inherent capacity to maintain and enhance our organismic experiencing. Two principal attempts at reformulating Rogers' classical model have emerged from within the person-centred field. The first has been to adopt a more intersubjective understanding of human development: understanding the human being as intrinsically relational and striving to satisfy needs for attachment and relatedness. The second has been a pluralistic understanding of the 'self', whereby the human being may come to develop multiple – potentially conflicting – understandings of who they are. Within the person-centred field, developmental and personality theory has never been intended to drive person-centred practice, but it provides a framework whereby person-centred psychotherapists and counsellors can reflect on their assumptions about their clients and develop a more nuanced and insightful understanding of their lived-experiencing.

Cooper, M. (2024). Developmental and Personality Theory. In Cooper, M.. *The handbook of person-centred psychotherapy and counselling* (G. d. Malta, M. M. O'Hara, Y. Gololob, & S. Stephen, Eds.; 3rd edition). Bloomsbury Academic. pp. 105-122



# Strathclyde Inventory (SI)

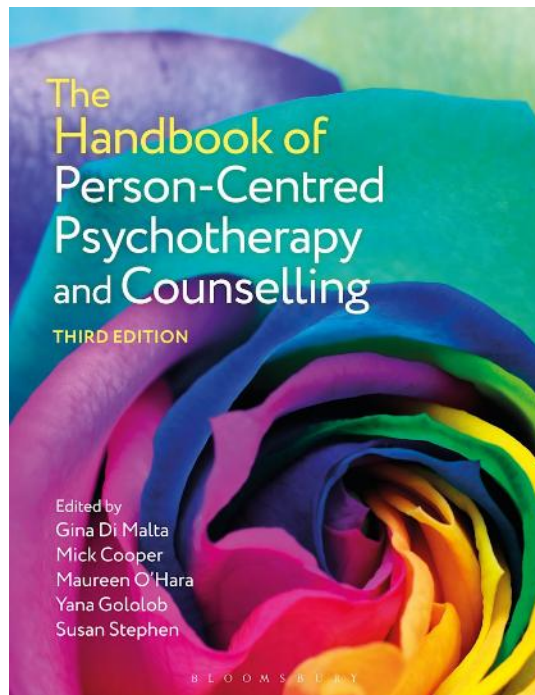
**Table 5.** Hierarchical relationship between SI-12 items.

Proposed description	Items
Fully functioning (most difficult)	8: I have lived fully in each new moment
Openness to others	5: I have [not] found myself 'on guard' when relating with others 10: I have [not] hidden some elements of myself behind a 'mask'
Openness to self	2: I have [not] condemned myself for my attitudes or behavior 1: I have been able to be spontaneous
Self-acceptance	6: I have listened sensitively to myself 12: I have felt it is all right to be the kind of person that I am
Self-trust	3: I have [not] tried to be what others think I should be 4: I have trusted my own reactions to situations
Self-awareness (least difficult)	7: I have [not] felt myself doing things that were out of my control 9: I have been aware of my feelings 11: I have [not] felt myself doing things that are out of character for me

*Note.* Items that are reverse scored are formatted with [not] so that all statements indicate growth in the same direction.

Susan Stephen (2023): Congruent functioning: the continuing resonance of Rogers' theory, *Person-Centered & Experiential Psychotherapies*, DOI: 10.1080/14779757.2022.2164334

# Personcentreret Spiritualitet



Judy Moore



Moore, J. (2024). Spirituality and Transcendence. In Cooper, M.. *The handbook of person-centred psychotherapy and counselling* (G. d. Malta, M. M. O'Hara, Y. Gololob, & S. Stephen, Eds.; 3rd edition). Bloomsbury Academic. pp. 157-170