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CLINICAL PSYCHOLOGY

PG 4 SEMESTER

PSYCHOTHERAPY( NON-DIRECTIVE THERAPY)

## WHAT IS PSYCHOTHERAPY?

According to Coleman: Pschotherapy means treatment of personality maladjustment by psychological techniques.”



# NON-DIRECTIVE THERAPY

- Client –centered therapy also known as client –centered counseling or person centered Therapy was developed in 1940 and 50s as a response to the less personal more “ clinical” therapy that dominated the field.
- Rogers (1961) rejected the deterministic nature of both psychoanalysis and behaviorism and maintained that we behave as we do because of the way we perceive our situation. "As no one else can know how we perceive, we are the best experts on ourselves."

## CORE CONDITION :

- Client-centered therapy operates according to three basic principles that reflect the attitude of the therapist to the client:
- The therapist is **congruent** with the client.
- The therapist provides the client with **unconditional positive regard**.
- The therapist shows an **empathetic** understanding to the client.

## CONGRUENCE:

Congruence is also called genuineness. Congruence is the most important attribute in counseling, according to Rogers. This means that, unlike the psychodynamic therapist who generally maintains a 'blank screen' and reveals little of their own personality in therapy, the Rogerian is keen to allow the client to experience them as they really are.

## UNCONDITIONED POSITIVE REGARD

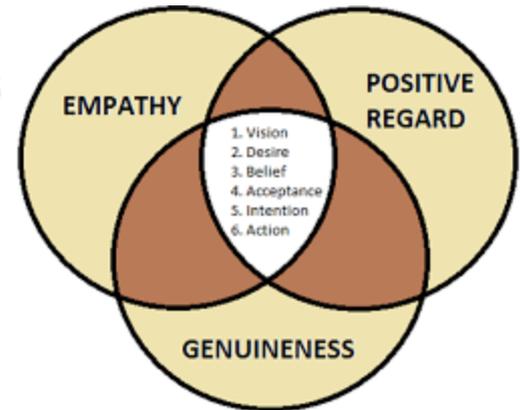
- The next Rogerian core condition is **unconditional positive regard**. Rogers believed that for people to grow and fulfill their potential it is important that they are valued as themselves.



## EMPATHY

- Empathy is the ability to understand what the client is feeling. This refers to the therapist's ability to understand sensitively and accurately [but not sympathetically] the client's experience and feelings in the here-and-now.

Decrease in anxiety and feelings of panic.  
Healthier relationships.  
Open to new ideas and experiences.  
Depression recovery.  
Increased self-esteem.  
Ability to express personal feelings and opinions





**THANK YOU**