

## **INTRODUCTION**

Humanistic theory has been used in the field of therapeutic counseling and the theory has managed to describe the principles rather than stages of human behavior. Anna Martin (2009), comments that ‘although behavioral and psychoanalytic forms of counseling are also available, humanistic approach is an extremely successful approach.’ Rogers (1986) comments that, “it is an individual has within herself, vast resources for self-understanding, changing self-concepts, attitude and self-directed behavior...” Thus the main issue is the development of self-concepts and the progress from an undifferentiated self to being fully differentiated and this is explained by some of his principles namely, fully functioning person, incongruence, self-actualization and personality development. The following essay is going to explore the major underpinning assumptions, conceptual background and the whole theoretical framework of the humanistic approach.

## **CONCEPTUAL BACKGROUND AND ORIGINS OF THE THEORY**

Carl Rogers was an American clinician known for his powerful psychotherapy technique known as customer focused treatment. The approach has its roots in phonological and existentialist thought. The theory is also sometimes understood within the context of three different forces of psychology, behaviorism, psychoanalysis and humanism. It also primarily focuses on the depth or “unconsciousness” aspect of human existence. In one review of expert clinicians, Rogers was positioned as the 6th most famous analyst of the twentieth century. Carl Rogers is best-known for his nondirective way to deal with treatment called customer focused treatment, his idea of the realizing propensity, building up the idea of the completely working individual, and his idea of unqualified positive respect and its significance in the restorative relationship.

## **ASSUMPTIONS OF THE HUMANISTIC THEORY**

It starts from humanistic psychologist’s assumption that every person has their own unique way of perceiving and understanding the world and that the things they only do only make sense in this light. Proponents to the theory prioritize or value understanding subjectivity asking questions like “what is it like to be this person.” As a result they reject the objective scientific method as a way of studying people. Humanist psychologists explicitly endorse the idea that people have free will and are capable of choosing their own actions towards fulfillment of their potential.

## **APPROACHES TO THE HUMANISTIC THERAPY**

The humanistic theory contributes to counseling by identifying the quality of therapeutic relationship as the most important technique in the counseling process. Carl Rogers he believed that there are 3 necessary and sufficient conditions of counseling and these are empathy, positive regard and congruence. He felt that the core attitudes of empathy, unconditional positive regard and congruence were essential if the client felt empathetically understood, accepted unconditionally and that the therapist was genuine in their responses then the therapy can begin. Therefore it is these qualities in the humanistic therapy that allow the therapist or counselors to assist the client in cultivating congruence between the real self and the ideal self from that client's perspective.

### **Self-Actualization**

Rogers trusted that all individuals have an intrinsic need to develop and accomplish their potential. According to Gross (1992) argues that human beings behave in the way they do because of the way they perceive situations p905, "as no one else can know how we perceive; we are best experts of ourselves." He developed his theory based on his work emotionally troubled people and claimed that people have a remarkable capability for self-healing and personal growth leading towards self-actualization. This need to accomplish self-completion, he accepted, was one of the essential thought processes driving conduct.

### **Positive Self Regard**

Under this tenant of humanistic theory, Carl Rogers that people could only fulfill their potential if they had basically positive self-regard of themselves. The problem is that most people do not perceive themselves positive regard of others as being unconditional, rather they think they will only be valued and loved if they meet certain conditions. Maslow's (2003) view of human needs was more complex in that Maslow acknowledged that people have variety of needs that differ in immediacy and which need satisfying at different times. He arranged this in a hierarchical and believed that those that satisfied all their needs became "self-actualizes."

### **Advancement of the Self**

Rogers trusted that the development of a solid self-idea was a progressing procedure formed by a man's backgrounds. Individuals with a steady feeling of self tend to have more noteworthy certainty and adapt all the more successfully to life's difficulties.

Rogers proposed that self-idea starts to create amid youth and is vigorously impacted by child rearing. Folks who offer their kids unrestricted love and respect will probably encourage a solid

self-idea. Youngsters who feel that they need to "procure" their guardians affection may end of with low self-regard and sentiments of unworthiness.

### **Consistency**

Rogers likewise propose that individuals tend to have an idea of their "optimal self." The issue is that our picture of who we think we ought to be does not generally match up with our view of who we are today. At the point when our mental self-view does not line up with our optimal self, we are in a condition of incongruence. By pursuing so as to accept unlimited constructive respect and the completing inclination, nonetheless, individuals can come closer to coming to a condition of consistency.

### **The Fully-Functioning Person**

Rogers recommended that individuals who constantly endeavor to satisfy their completing propensity could get to be what he alluded as completely working. A completely working individual is one who is totally compatible and living in the occasion. In the same way as other different parts of his hypothesis, unrestricted positive respect assumes a basic part in the improvement of full working. The individuals who get nonjudgmental bolster and love can add to the self-regard and certainty to be the best individual they can be and experience their maximum capacity.

### **A key's portion qualities of a completely working individual include:**

Openness to encounter

An adaptable self-idea

Unqualified respect for the self

The capacity to live in concordance with others.

### **Commitments to Psychology:**

With his accentuation on human potential, Carl Rogers had a colossal impact on both brain science and instruction. Past that, he is considered by numerous to be a standout amongst the most compelling analysts of the twentieth century. More advisors refer to Rogers as their essential impact than some other analyst.

As depicted by his little girl Natalie Rogers, he was "a model for sympathy and vote based beliefs in his own particular life, and in his role as a teacher, essayist, and specialist."

### **In His Words:**

"Experience is, for me, the most elevated power. The touchstone of legitimacy is my own particular experience. No other individual's thoughts, and none of my own thoughts, are as definitive as my experience. It is to experience that I must return over and over, to find a closer estimate to truth as it is presently getting to be in me."

### **CONTRIBUTIONS OF CARL ROGERS' TO COUNSELING CONCEPTS AND THEORIES**

Roger's theory is a clinical one, based on years of experience dealing with his clients. He has this in common with Freud that this is a particular rich and mature theory well thought out and logically tight, with broad application. Not in common with Freud, however, is the fact that Rogers sees people as basically good or healthy or at least not bad or ill. In other words, he sees mental health as the normal progression of life, and he sees mental illness, criminality, and other human problems, as distortions of that natural tendency. Also not in common with Freud is the fact that Rogers' theory is a relatively simple one.

Also not in common with Freud is that Rogers' theory is particularly simple elegant even. The entire theory is built on a single "force of life" he calls the actualization tendency. It can be defined as the built-in motivation present in every life-form to develop its potentials to the fullest extent possible. We are not just talking about survival. Rogers believes that all creatures strive to make the very best of their existence. If they fail to do so, it is not for a lack of desire. There is also person centered which is considered as phenomenological psychology whereby the individuals' perception of reality is accepted as reality for the individual. Person centered is often referred to as a self-theory, because of Rogers emphasis on the self being a result of the person's life experiences and the person's awareness of comparisons to others as the same or different. Also Rogers believes that most people were provided conditional acceptance as children, which led them to behave in ways that would assure their need for acceptance. However in their need for acceptance, the individual often behaved in ways were incongruent with the real self. Thus, the greater this in congruence between the real self and the ideal self, the greater isolated and maladjusted the person become. Therefore self-actualization is the motivation that makes the individual move toward growth, meaning and purpose.

Rogers captures with this single great need or motives that other theorists talk about. He asks us why we want air and water and food. Why do we seek safety, love, and a sense of competence? Why indeed do we seek to discover new medicines, invent new power sources, or create new

works of art? Because he answers it is in our nature as living things to do the very best we can. Keep in mind that, unlike Maslow's use of term, Rogers applies it as to all living creatures. Some of his earliest examples, in fact include seaweed and mushrooms. He also applied the idea to ecosystems such as forests, with all its complexity has much greater actualization potential than a simple ecosystem such as corn field. If one bug were to become extinct in a forest, there are likely to be other creatures that will adapt to fill the gap. If we live as we should, we will become increasingly complex, like the forest, and thereby remain flexible in the face of life's little and big disasters. People however in the course of actualizing their potentials, created society and culture. We are a social creature, it is our nature but when we created culture, it developed a life of its own. Rather remaining close to other aspects of our natures, culture can become a force in its own right and even if in the long run, a culture that interferes with our actualization dies out.

The use of system theory is important to child development according to Rogers. He believe that children learn to cope with and overcome difficulties in life through support and encouragement from other people who promote their development. He considers the influence of mothers as the primary factor in the development of the child early feelings and with a positive foundation children learn what Rogers call the three tasks of life that is love, work and life. According to Rogers the position of a child in a family constellation of sibling affect child development, for example last born and only child lack the courage to develop because they have been much spoiled given all they need without working unlike first born who at time will be the caretakers of other sibling and have the courage to work for the best in their lives. However according to Rogers all these challenges faced by children is in psychological position and meaning hence there is need for counsellors to make use of the psycho-dynamic theory in child counselling and also create a good relationship with child using the child therapy system in the counselling session so that the child will clearly express the feeling he had so as to have an effective counselling outcome that allow a child develop despite situations surrounding him. It is important therefore to note that Carl Rogers has contributed to child development in line with what he experienced in his childhood.

### **CRITICISM OF THE HUMANISTIC THEORY**

The humanistic approach explicitly states that people have free will, which sets it apart from other approaches (with the possible exception of some cognitivists). It could be suggested,

however, that their position on free will is incoherent, since at the same time as insisting on people's ability to choose their actions, they explain how our behaviour is determined by our treatment at the hands of others and an innate set of needs. Furthermore humanistic psychologists do not attempt to break behaviour down into more fundamental processes and as such, their approach to psychology is explicitly holistic, rather than reductionist (Sammons 1999).

### **CONCLUSION**

In conclusion, Rogers's contribution have went a long way in the development of counselling concepts and theories. His works have also been fundamental in other people's writings. It is therefore logical for one to conclude that Carl Rogers is one of the father of counselling theories and concepts.

### **REFERENCE LIST**

Bugental, J (1964), The third force in psychology, "Journal of humanistic psychology, 4(1) 19-26

Carl.R (1951): Client-Centred Therapy. p. 64.

Carl. R, Lyon, Harold C., Tausch, Reinhard: (2013) ,On Becoming an Effective Teacher - Person-cantered Teaching, Psychology, Philosophy, and Dialogues with Carl R. Rogers and Harold Lyon. London: Rutledge

Carl.R. (1961) Communication: It's Blocking and Its Facilitation. On Becoming a Person. Boston: Houghton Mifflin, 329-337.

Carl.R. (1989). The Carl Rogers Reader. Google Books: Houghton Mifflin

The Humanistic psychologist (1999), "Journal of the division of humanistic psychology." American Psychological Association.

Maslow A. (2013), C. & Wallen, J.L. (1946) Counselling with Hierarchical approaches. New York, NY: McGraw-Hill.

Maslow, A.H. (1968), Towards a psychology of being (second edition), Princeton, NJ: Von Nostrand.

Sammons A. (1999), Approaches to Psychology, "Humanistic Psychologist," [psychotron.org.uk](http://psychotron.org.uk)