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| **The Self Real Life Application** | |
| **Rogerian Counselling:**  Rogers developed client-centred therapy: therapy that is led more by the client and less by the therapist. This is now better known as counselling and works on the basis that the client knows their ‘self’ best. Rogers believed that clients themselves have the capacity for, and should be responsible for, change. It followed from this that the counsellor’s role was transformed from being the all-knowing expert, telling or directing the client what to do, to being a helper. | |
| The 4 mechanisms of Rogerian Counselling: | Examples of where Rogerian counselling could be used: Choose one: |
| 1. The person doing the counselling avoids giving instructions, and just shows the client that he or she understand what the client is feeling (i.e. offers unconditional positive regard) 2. The counsellor genuinely believes that the client has the capacity to discover a way forward, towards self-actualisation (i.e. the client has a free will) 3. The counsellor shows empathy towards the client, and is able to follow what the client is feeling and lets the client know that 4. The counsellor, being genuine, allows the client to express themselves as they really are | **1.Careers**  Career counselling involves meeting with an appropriate counsellor who will ask a variety of questions about your life plans and career intentions. They will also discuss factors that are likely to influence your decisions or that could affect your goals. Answers to the questions will hopefully assist you in realising your career objectives. The sessions also involve setting personal goals and learning skills to allow positive career choices to be made.  **2. Relationships**  Once you’ve made an appointment with [your local Centre](https://www.relate.org.uk/find-my-nearest-relate) you will be seen by a trained counsellor who will ask some questions about you and your partner, your relationship and what you hope to get out of counselling. At this stage you will also talk about the best times for your sessions, and you will discuss the cost of counselling. For some people, the therpists transform their relationships and their lives; for others we help them solve a specific problem and move forward with more confidence and less anxiety.  **3. Depression**  Rather than analysing what is wrong with the patient and subjecting the patient’s feelings and behaviours to analytical interpretation, the therapist is a companion on a patient’s journey to cope with and find solutions to life’s problems. In client-centred therapy, the therapist honours and respects the patient’s autonomy, choices, and values rather than trying to change the person. Because the therapist is focused on creating an atmosphere of acceptance and safety, the patient is better able to play an active role in the therapeutic process. |