

## **Carl Rogers**

Phenomenological theorists emphasize internal processes rather than overt behavior. Phenomenological psychologists are sometimes called humanistic because they focus on that which distinguishes us from animals. The concepts of phenomenology are similar to those of the existential theorists, since existential psychology employs phenomenological analysis. The Gestalt theory of personality, closely linked to both existential and humanistic theories, has a holistic view of the self.

Carl Rogers identified himself with humanistic psychology, although his personality theory was basically phenomenological. He is most known for his psychotherapy technique known as client-centered therapy, person-centered therapy, or nondirective therapy. Rogers believed that people have the freedom to control their own behavior, and are neither slaves to the unconscious (as the psychoanalysts would suggest), nor subjects of faulty learning (as the behaviorists would suggest). The client is seen as being able to reflect upon his problems, make choices, take positive action, and help determine his own destiny.

The objective of Rogers's therapy is to help the client become willing and able to be himself and to increase the congruence between what the person thinks he should be (the ideal self) and what he actually is. A climate of unconditional positive regard and understanding is provided to enhance this desired situation.