

# The Key Concepts of Person-Centered Therapy

1. **Empathy:** The therapist endeavors to understand the client's point of view and see things from their perspective.
2. **Congruence:** The therapist is genuine in their interactions with the client.
3. **Unconditional positive regard:** This goes one step beyond the standard advice for practitioners to be non-judgemental, stipulating that they should always strive to hold a positive and accepting view of clients.

