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# PERSON-CENTERED THERAPY

## FOCUS



This therapy focus on the **client's capacity for their own self-growth & as active self healers.**



## TAKE NOTE

**Self-concept** is an individual's knowledge of who they are that has three (3) components.

### 2. Self-esteem



1. Self-image

3. Ideal Self

## CONCEPT



1. Congruence

2. Unconditional Positive Regards

3. Accurate Empathic Understanding

## THERAPEUTIC GOAL



The therapy's goal is not to solve client's problems but **assist clients by assisting them achieve independence and integration** to solve their problems.



## APPROACHES



1. Process Oriented Approach



2. Emotion Focused Therapy