



JOBELLE PELAGIO / II-12 BVE

PERSON-CENTERED THERAPY

FOCUS



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

CONCEPT



1. Congruence



2. Unconditional Positive Regards



3. Accurate Empathetic 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.**



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

APPROACHES



1. Process Oriented Approach



2. Emotion Focused Therapy