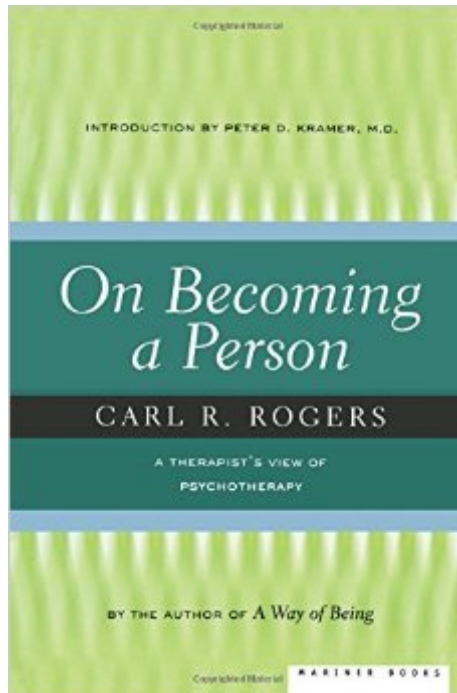


The book was found

# On Becoming A Person: A Therapist's View Of Psychotherapy



## Synopsis

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

## Book Information

Paperback: 420 pages

Publisher: Mariner Books; 2nd ed. edition (September 7, 1995)

Language: English

ISBN-10: 039575531X

ISBN-13: 978-0395755310

Product Dimensions: 5.4 x 1.1 x 8.3 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (92 customer reviews)

Best Sellers Rank: #7,378 in Books (See Top 100 in Books) #9 in Â Books > Medical Books >

Psychology > Psychotherapy, TA & NLP #16 in Â Books > Health, Fitness & Dieting > Psychology

& Counseling > Psychotherapy, TA & NLP #2206 in Â Books > Reference

## Customer Reviews

I was given this book in 1973 when I was a senior in college and wished to attend graduate school in clinical psychology. The book transformed me. I went from page to page recognizing that Roger's spoke directly to me and the way I experienced my relationship with my inner self and soul. This book review is written with the purpose of encouraging others to read this masterpiece of psychological theory. ALL psychiatrists, psychologists, counselors, and social workers should be intimately familiar with Rogers and his concepts. Of all the personality theorists and practitioners of psychotherapy such as Jung, Freud, Fritz Perls, Albert Ellis, Karen Horney, Harry Stack Sullivan, Eric Fromme, and Rollo May; Carl Rogers is the one infused with optimism and a belief in the goodness of mankind. He sees human beings as capable of vast growth and creativity; able to

achieve ethical and loving relationships and encounters; and achieving a healed and healthy soul that directs us toward others and the world. Do not confuse his description of the state of psychological health with that of William James, Clark Hull, or James B Watson. These theorists see man's natural state as homeostatic, neither alert nor asleep, neither happy nor sad. Rogers on the other hand would assert that the Buddha-like state of homeostasis is not full psychological health. Full psychological health is involvement, attachment, love, relationship, creativity, fulfillment, achievement, and goodness. Once the reader buys into Roger's Self Theory, which posits that we are self healing, self directed, and instinctively know psychological health from psychological disease; then he posits his therapeutic model by which the therapist facilitates the process whereby a client moves toward this wholeness.

This book by Carl Rogers on client-centered therapy may lack the drama, the force or the cleverness associated with some books on other forms of psychotherapy. What it doesn't seem to lack is a quiet wisdom that flowed from Rogers' many years of experience and sensitivity to his patients. Despite some redundancy, being a collection of papers and presentations from Rogers over many years, "On Becoming A Person": 1) presents a branch of psychotherapy distinct from psychoanalysis and learning theories as well as from behaviorism, focused more on basically well people growing than on helping disturbed people get better. 2) is rooted in Roger's positive view of human nature as basically good and constructive, as he discovered in encounters with his patients. Roger's emphasis on empathic understanding, on not imposing theoretical speculations about the clients state of mind and on avoiding forceful interference would seem to avoid some of the abuses associated with some other psychotherapies. 3) presents ideas about the helping relationship that Rogers extended from psychotherapy into other areas such as education. Rogers's nondirective approach suggested to him the possibility of a progressive education free of examinations, of grades, of conclusions, and even of teachers. 4) despite its "fuzziness", Rogers does present some experimental evidence in favor of client-centered therapy as compared to those based on learning theory and behaviorism. 5) Rogers' shows appreciation of the growing power of the behavioral sciences but expresses concern less this science, like other sciences, becomes manipulated by politicians to the detriment of people.

[Download to continue reading...](#)

On Becoming a Person: A Therapist's View of Psychotherapy  
Between Person and Person: Toward a Dialogical Psychotherapy  
The Great Psychotherapy Debate: The Evidence for What Makes Psychotherapy Work (Counseling and Psychotherapy)  
Becoming a Therapist: What Do I Say, and

Why? Person to Person: The Problem of Being Human, A New Trend in Psychology Skills in Gestalt Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series) Becoming a Person of Influence: How to Positively Impact the Lives of Others Becoming a Person Mission Possible: a Therapist's Guide to Weight Loss with Hypnosis(Book and CDROM) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Tourette Syndrome A Behavioral Intervention for Children and Adults Therapist Guide [Treatments That Work] by Woods, Douglas W., Piacentini, John, Chang, Susanna, Deckers [Oxford University Press, USA,2008] [Paperback] Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide (Treatments That Work) The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration (Norton Series on Interpersonal Neurobiology) The Therapist's Guide to Psychopharmacology, Revised Edition: Working with Patients, Families, and Physicians to Optimize Care On Being a Therapist, 4th Edition The Magic Touch: How to make \$100,000 per year as a Massage Therapist; simple and effective business, marketing, and ethics education for a successful career in Massage Therapy The Comprehensive Respiratory Therapist Exam Review, 6e The Wounds Within: A Veteran, a PTSD Therapist, and a Nation Unprepared When Children Refuse School: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) The Making of a Therapist (Norton Professional Books)

[Dmca](#)