**Review 17.2: Humanistic Therapies**

Megan has been researching the history of therapy and has become fascinated by the therapies that emphasize people’s inherent potential for self-

1 ______________________,

which are known as

2 ______________________ therapies.

These therapies have several important characteristics that differentiate them from psychoanalysis, including focusing on the

3 ______________________ (present and future/past) rather than on the 4 ______________________ (present and future/past),

promoting 5 ______________________ in their clients rather than trying to cure 6 ______________________, and emphasizing 7 ______________________ (conscious/unconscious) rather than 8 ______________________ (conscious/unconscious) thoughts.

Megan further learns that therapists such as Carl 9 ______________________, who founded 10 ______________________ therapy, encouraged all therapists to exhibit 11 ______________________—expressing their true feelings,

12 ______________________—allowing clients to feel unconditional positive regard,

and

13 ______________________—sensing and reflecting their clients’ feelings.

Together, these features form Rogers’ concept of 14 ______________________.

Answers may be found in the Appendix at the end of this booklet.