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 (1) self-fulfillment, which are known as (2) humanistic therapies. These therapies have several important characteristics that differentiate them from psychoanalysis, including focusing on the (3) present and future rather than on the (4) past, promoting (5) growth in their clients rather than trying to cure (6) illnesses and emphasizing (7) conscious rather than (8) unconscious thoughts. Megan further learns that therapists such as Carl (9) Rogers, who founded (10) client-centered therapy, encouraged all therapists to exhibit (11) genuineness —expressing their true feelings, (12) acceptance —allowing clients to feel unconditional positive regard, and (13) empathy —sensing and reflecting their clients’ feelings, Together, these features form Rogers’ concept of (14) active listening.