

Existentialism

Meaning of human existence; the self *cannot* exist without the world.

Being in the world; the presence of an individual with all of their choices and authentic self. In that aspect, every human being must have been examined in *their world*.

Phenomenological Approach; suggests that subjective realities are important. Objectivity is the last item of the list.

Humanism

Emphasizes the **personal worth** of the individual and the importance of **human values**.. Humans are evaluated as a whole, not just focusing on some specific parts.

The Third Force; emphasizes creative, spontaneous, active nature of humans. 1st force=psychoanalysis / 2nd force=behaviorism

Our existence comes from our relationships with others. (1) How the relationship is with the environment (2) How satisfying those relationships are

I-Thou Dialogue; direct and mutual; *dialogue*

I-It Monologue; utilitarian view of another; *monologue*

The potential of human movement; people are encouraged to **realize their inner potentials**

For realization of the potential, humanism uses; group meetings, self-disclosure, introspection

Eric Fromm

Love; Love is the solution of everything since it is also the thing that modern world made forgotten. The reason of why we are alienated, objectified and passed through the pragmatic view is the *lack of love*.

Love allow us to overcome our isolation as an individual; but also protects our *individual integrity*. On the other hand, modern world encourages existential alienation (1950-2000).

Dialectic Humanism; reconciles the *biological/driven side of human beings* and *the pressure of the societal structure*. Describes the structure that humans are in; people can transcend these forces through free-will.



Carl Rogers

Focuses on **responsibility**; people must strive to take responsibility for themselves. *Becoming one's self*

"Same seeds show different developments under different conditions." Environment is an important factor that is effective on the development.

People have an inherent tendency towards growth and maturation.

According to Rogers, there are two selves that present; as *The self that actualizing itself right now* and *the ideal self that individual wants to become*. It becomes problematic when the difference grows between those selves.

Responsibilities of Therapist (Rogerian Therapy)

Therapist is supportive and non-directive a key block to build positive relationships

Therapist is client oriented interested in the person that client wants to become

Therapist provides **unconditional positive regard** to the client

Therapist provides empathetic understanding to client's internal frame of reference

Congruence between therapist and client is based on; (1) accurate self perception & (2) accurate communication

Rollo May

Anxiety is triggered by a threat to the *core values of existence*. When people feel anxious, they search for meaning in their lives.

Victor Frankl

Emphasizes on the importance of **personal choice** Existential-humanistic approaches and support groups are used.

Logotherapy Importance of choosing to find *meaning* in life.

Abraham Maslow

Hierarchy of needs

Self-Actualization; the innate process that person realize his/her inner potential. Spiritually fulfilled, comfortable with themselves, loving, ethical, creative, productive

Peak Experiences; powerful experiences that person transcends the self, feel completely self-fulfilled *"be at one with the world"*

Measuring Self-Actualization

Interviews

Observations

Projective Studies

Biographical Studies

Personal Orientation Inventory (POI); a self-report questionnaire that captures some aspects of a healthy personality

Analogy of the Approach

Humans are **free** and **sentient beings** that *seek spiritual fulfillment*

Advantages of the Approach

Emphasizes courageous struggle for self-fulfillment

Appreciates the spiritual nature of a person

Based on healthy, well-adjusted individuals

Considers each individual's experience is unique

Limits of the Approach

May avoid quantification and scientific method

Sometimes insufficiently concerned with **reason**

Theories are sometimes ambiguous or inconsistent

View of Free-Will

Free-will is *essential* to being human

Common Assessment Techniques

Interview

Art

Self-Exploration

Literature

Biographical analysis of creativity and special achievement

Self-report tests

Observation

Implications for Therapy

Encourages self-knowledge through experiences including also the spiritual ones (experiences)

Rogers' client centered therapy offers a genuine empathetic therapist providing *unconditional positive regard*.

