



CARL ROGERS

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CARL ROGERS

- **JANUARY 8, 1902- FEBRUARY 14, 1987**
- **AWARD FOR DISTINGUISHED SCIENTIFIC CONTRIBUTIONS TO PSYCHOLOGY**
- **AWARD FOR DISTINGUISHED CONTRIBUTIONS TO APPLIED PSYCHOLOGY AS A PROFESSIONAL PRACTICE.**
- **1964 HUMANIST OF THE YEAR**
- **DIED FEBRUARY 4, 1902 OAK PARK ILLINOIS**

EDUCATION

- **OHIO STATE UNIVERSITY**
- **UNIVERSITY OH CHICAGO**
- **UNIVERSITY OF WISCONSIN- MADISON**
- **WESTERN BEHAVIORAL SCIENCES INSTITUTE**
- **CENTER OF STUDIES FOR THE PERSON**

ROGER'S THEORIES

SELF-ACTUALIZATION

ROGERS BELIEVED THAT ALL PEOPLE POSSESS AND INHERENT NEED TO GROW AND ACHIEVE THEIR POTENTIAL. THIS NEED TO ACHIEVE SELF-ACTUALIZATION, HE BELIEVED, WAS ONE OF THE PRIMARY MOTIVES DRIVING BEHAVIORS.

UNCONDITIONAL POSITIVE REGARD

FOR PSYCHOTHERAPY TO BE SUCCESSFUL, ROGERS SUGGESTED, IT WAS IMPERATIVE FOR THE THERAPIST TO PROVIDE UNCONDITIONAL POSITIVE REGARD TO THE CLIENT

DEVELOPMENT OF THE SELF

ROGERS BELIEVED THAT THE FORMATION OF A HEALTHY SELF-CONCEPT WAS AN ONGOING PROCESS SHAPED BY A PERSON'S LIFE EXPERIENCES. ROGERS SUGGESTED THAT SELF-CONCEPT BEGINS TO DEVELOP DURING CHILDHOOD AND IS HEAVILY INFLUENCED BY PARENTING.

BACKGROUND

- **HE WAS AN INFLUENTIAL AMERICAN PSYCHOLOGIST AND AMONG THE FOUNDERS OF THE HUMANISTIC APPROACH TO PSYCHOLOGY. ROGERS IS WIDELY CONSIDERED TO BE ONE OF THE FOUNDING FATHERS OF PSYCHOTHERAPY RESEARCH AND WAS HONORED FOR HIS PIONEERING RESEARCH WITH THE AWARD FOR DISTINGUISHED SCIENTIFIC CONTRIBUTIONS BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION IN 1956.**

CARL ROGER'S THEORY

- **"CONSISTENTLY STOOD FOR AN EMPIRICAL EVALUATION OF PSYCHOTHERAPY. HE AND HIS FOLLOWERS HAVE DEMONSTRATED A HUMANISTIC APPROACH TO CONDUCTING THERAPY AND A SCIENTIFIC APPROACH TO EVALUATING THERAPY NEED NOT BE INCOMPATIBLE."**

IMPACTS ON PSYCHOLOGY

- **ROGERS REJECTED THE DETERMINISTIC NATURE OF BOTH PSYCHOANALYSIS AND BEHAVIORISM AND MAINTAINED THAT WE BEHAVE AS WE DO BECAUSE OF THE WAY WE PERCEIVE OUR SITUATION. "AS NO ONE ELSE CAN KNOW HOW WE PERCEIVE, WE ARE THE BEST EXPERTS ON OURSELVES."**