

Carl Rogers On Becoming A Person

A basic guide for all therapists to incorporating simple Buddhist principles for optimal therapy effectiveness. Both Western psychotherapy and the Buddhist spiritual path are journeys toward increased self-awareness, understanding, and well-being. By drawing on the Buddhist psychological teachings, Contemplative Psychotherapy provides a deeper, richer approach to client work, one that can greatly enhance and expand a clinician's therapeutic repertoire. While much has been written recently about mindfulness in psychotherapy and the underlying theory of Buddhist psychology, no book has yet been written that explains to therapists how to apply these teachings in their day-to-day clinical work with clients. This book will answer that need. Karen Kissel Wegela, a leading practitioner and teacher of contemplative psychotherapy, eloquently walks readers through the foundational concepts of this approach and its specific clinical practices, providing lucid guidance on what Buddhist psychology means in the context of therapy work and how to practice it. As Wegela explains, five basic competencies underlie all that a contemplative therapist does: (1) being present and letting be, (2) seeing clearly and not judging, (3) recognizing and appreciating differences, (4) connecting with others and cultivating relationship, and, finally, (5) acting skillfully and letting go. Having a personal mindfulness-awareness practice helps therapists to develop these competencies, and this book offers a step-by-step description of how to establish such a practice. The book explores the nuances of contemplative therapy practice, beginning with creating genuine therapeutic relationships and learning how to recognize "brilliant sanity"—not only psychopathology—in our clients, and goes on to consider sowing the seeds of mindfulness, making skillful use of mindlessness practices, investigating emotions, cultivating compassion, and working with anger. Filled with client vignettes and practical guidance in an eminently wise, openhearted tone, Contemplative Psychotherapy Essentials makes the increasingly popular pairing of Buddhist psychology with traditional therapy accessible for any clinician, putting readers and their clients in better touch with the present moment—their bodies, emotions, and minds—for more enduring change.

An exploration and discussion of the relationship between man and woman. Couples talk about the intimate details of their relationship and express their innermost feelings. Carl Rogers is the innovator of client-centred therapy. In this book he takes an objective position.

As founder of the person-centred approach, Carl Rogers (1902-1987) is arguably the most influential psychologist and psychotherapist of the 20th century. This book provides unique insights into his life and a clear explanation of his major theoretical ideas. This Third Edition is co-authored by Brian Thorne and Pete Sanders, leading person-centred practitioners and bestselling authors. Pete Sanders contributes a new chapter on "The Ongoing Influence of Carl Rogers", covering topics such as research, the emerging tribes in person-centred tradition, and its interaction with the medical profession. Brian Thorne draws on his experience of having known and worked with Rogers to beautifully describe the way in which Rogers worked with clients and from that, to draw out the practical implications of what is, in effect, a functional philosophy of human growth and relationships. In the twenty years since the first edition of Carl Rogers appeared, the book has continued to provide an accessible introduction for all practitioners and students of the person-centred approach.

Originally published in 1897, this early work is a fascinating novel of the period and still an interesting read today. Contents include; The function of Latin, Chansons De Geste, The Matter of Britain, Antiquity in Romance, The making of English and the settlement of European Prosody, Middle High German Poetry, The 'Fox, ' The 'Rose, ' and the minor Contributions of France, Icelandic and Provençal, The Literature of the Peninsulas, and Conclusion..... Many of the earliest books, particularly those dating back to the 1900's and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

Issued also in printed form.

'This is the most stimulating, thorough, in-depth work on empathy as originated and developed by Carl Rogers within client-centred therapy and the person-centred approach that a reader will find. It provides a rigorous look at empathic understanding, with practical case illustrations throughout. 'What a 'cornucopia' of offerings are provided in this book. The quotes and extracts from Rogers are always to the point, and explorations of the concepts rich and original, each amplifying, yet not changing, Carl's meanings. This book has a unique format and style, merging tradition with innovation and whimsy. It is both intellectually stimulating and very personal. I was delighted with the wit, humour, and plays on words. When compared with the reductionistic, stereotypic depiction of Rogers' work in so many previous texts outside the Person Centred Approach community, this book is a breath of fresh air. I believe Steve has guided us with elegance and insight, wisdom and compassion, towards deeper understandings of the genius and profundity of Carl Rogers' work and his principles. While the audience for this book might best be considered to be those in training as therapists, or students using the book as a university text, it will also be most helpful for practitioners who want to review and renew a deeper understanding of Rogers' approach. Potential clients, in seeking a safe haven for their deep explorations, may also profit greatly from this book as a guide in their search.' Gay Leah Barfield in her Foreword

Carl R. Rogers (1902-1987), a founder of the humanistic psychology movement, is one of the most influential American psychologists of the 20th century. His impact on education, counseling, psychotherapy, conflict resolution, and peace is unparalleled. He created a profound and fundamental shift in the fields of psychology and human relations. His deep belief that each person has worth, dignity, and the capacity for self-direction was counter to the pervading thought of his day. In order to fully understand and appreciate his impact, it is important to know what experiences shaped his life and what influences directed his thinking. Carl Rogers: The Quiet Revolutionary is a unique kind of autobiography that explores all these aspects of his life, and more, through a series of interviews. The result is a lively account in Rogers' own words of the peaks and valleys of both his professional and personal life. He describes his early life, his family, his schooling, and his intellectual development, and includes the early development of person-centered therapy, "The Therapeutic Hour" and his extensive efforts to reduce international tension through his work in northern Ireland, South Africa, and Central America ("The Peace Project").

On Becoming a Person A Therapist's View of Psychotherapy Houghton Mifflin Harcourt

Psychology Classics: Significant Aspects of Client-Centered Therapy Widely regarded as one of the most influential psychologists of all time, Carl Rogers was a towering figure within the humanistic movement towards person centered theory and non-directive psychotherapy. Originally published in 1946 his classic article Significant Aspects of Client-Centered Therapy is essential reading for anybody interested in psychotherapy and counseling. In this landmark publication Carl Rogers outlines the origins of client-centered therapy, the process of client-centered therapy, the discovery and capacity of the client and the client-centered nature of the therapeutic relationship. Bonus Material: Significant Aspects of Client-Centered Therapy builds upon some of Carl Rogers' previously published work. Among the most notable of these earlier works were The Processes of Therapy and The Development of Insight in A Counseling Relationship; both of which are also presented in full. Significant Aspects of Client-Centered Therapy has been produced as part of an initiative by the website All About Psychology to make important psychology publications widely available. www.all-about-psychology.com

2015 Reprint of 1954 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. Carl Rogers was among the founders of the humanistic approach (or client-centered approach) to psychology. The person-centered approach, his own unique approach to understanding personality and human relationships, found wide application in various domains such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. These two lectures, first delivered in 1954, comprise the core of his teachings. In 1961 his shorter works would be collected and published as "On Becoming a Person." Contents: Some Hypotheses Regarding the Facilitation of Personal Growth What It Means to Become a Person

Selected essays on such topics as freedom, responsibility, anxiety, and psychotherapy probe the problems faced by contemporary man

2021 Reprint of the 1960 Edition. Facsimile of the original edition and not reproduced with Optical Recognition Software. In this essay, delivered as an address at Haverford College, Pennsylvania in 1959, Rogers discusses man's purpose and goal in life. In his therapeutic work Rogers sees clients take such directions as: away from facades; away from "oughts"; away from meeting expectations; away from pleasing others; toward being a process; toward being a complexity; toward openness to experience; toward acceptance of others; toward trust of self. Given a therapeutic climate of warmth, acceptance, and empathic understanding, the client moves from what he is not toward "being," toward becoming that which he inwardly and actually is. Quoting Kierkegaard, "to be that self which one truly is." A worthy goal indeed.

Over his several decades of writing, Gardner has accomplished so much it's hard to believe there's just one of him. ... - Publishers Weekly For over fifty years Martin Gardner has been writing witty, entertaining, and highly intelligent articles on an amazing range of topics. Best known for his works on popular science and mathematics, and as an incisive skeptical commentator on the paranormal, Gardner is also an accomplished writer of children's literature, a novelist, and essayist on religion and philosophy. This collection of essays and book reviews takes its name from the bookend articles, The Wandering Jew and the Second Coming and The Faith of William Buckley, which in themselves demonstrate the extent of Gardner's interests. Besides the legend of the Wandering Jew, its relation to the Second Coming, and Bill Buckley's religious convictions, Gardner also takes on the subjects of astrology, psychic surgery, word play in the stories of L. Frank Baum (author of The Wizard of Oz), and the history of a forgotten children's magazine. In addition, there are reviews of books by astronomer Carl Sagan, philosopher Paul Edwards, and science fiction writer H. G. Wells, along with commentary on mathematics, Lewis Carroll, chess, Christian Science, science fads, and more. Longtime Gardner fans and intellectually curious newcomers will welcome this entertaining and literate collection by one of America's most brilliant essayists. Martin Gardner, the creator of Scientific American's Mathematical Games column, which he wrote for more than twenty-five years, is the author of almost one hundred books, including The Annotated Ancient Mariner, Martin Gardner's Favorite Poetic Parodies, From the Wandering Jew to William F. Buckley Jr., and Science: Good, Bad and Bogus. For many years he was also a contributing editor to the Skeptical Inquirer.

A psychology professor describes how positive thinking actually distracts people from success by leading to daydreams and fantasies instead of hard work, and offers the process of "mental contrasting" as a means to better motivate a person toward their goals. 25,000 first printing.

`This book is a monumental achievement, and person-centred practitioners will be indebted to Goff Barrett-Lennard for many years to come. He has written no only a definitive study of the history of person-centred approach - what he calls a report of the "evolutionary course of a human science" - but also an accompanying commentary which is unflinching, enlightening, sometimes provocative and occasional lyrical' - Brian Thorne, Emeritus Professor of Counselling, University of East Anglia and Co-Founder, Norwich Centre `I highly recommend this book as a reference source of major import, as bibliography, as history as art, and as a complex discussion of questions that plague the person-centred practitioner and the client-centred therapist' - The Person-Centered Journal `If you only ever buy one book about the Person-Centred Approach, other than those written by Rogers himself, this is the one. It is a staggering achievement by one of the most knowledgeable writers in the field' - PCP Reviews `This book is a gem, and should have wide appeal. It is an excellent introduction to person-centred psychology, written in accessible style, and it takes the reader beyond the simplicity often confused with naivety Goff Barrett-Lennard reveals a sophisticated complexity that challenges us to view the "person" with fresh eyes and an open mind' - Tony Merry, University of East London `I strongly recommend this book as a sophisticated treatment of the client-or person-centred approach to therapy and its applications to areas outside therapy. It is also a useful overview of research on all aspects of person-centred ideas' - Psychotherapy Research `This book... is not a single "meal" in itself but a positive "larder" containing every imaginable staple food and condiment all exquisitely and thoroughly researched. The book took Godfrey T Barrett-Lennard 20 years to write and it will stand as a reference text for person-centred specialists for longer than that... an essential reference text... and a pantry full of delicious surprises' - Counselling and Psychotherapy, The Journal of the British Association for

Counselling and Psychotherapy `Probably the most important piece of work on the person-centred approach to have emerged in recent years... an essential source of reference for anyone with a serious interest in the person-centred approach' - Counselling News Written by an ex-student and long-time colleague of Carl Rogers, this in-depth and challenging book charts the development of person-centred therapy from its origins through to the present day. Godfrey T Barrett-Lennard traces the central concepts and key figures within the movement, set against the contemporary historical, social and political context. As an integrated overview of the person-centred approach, Carl Rogers' Helping System presents a wealth of fascinating ideas and information which is linked to a fresh, incisive account of the unfolding theory, process and research.

"On Becoming an Effective Teacher presents the final unpublished writings of Rogers and as such has a unique historical value. It also documents the research results of four highly relevant, related but independent studies which comprise the biggest collection of data ever accumulated to test a person-centred theory in the field of education. This body of comprehensive research on effective teaching was accomplished over a twenty-year period in 42 States in the U.S. and in six other countries including the UK, Germany, Brazil, Canada, Israel, and Mexico, and is highly relevant to the concerns of teachers, psychologists, students, and parents. The principal findings of the research in this book show that teachers and schools can significantly improve their effectiveness through programs focusing on facilitative interpersonal relationships. Teachers who either naturally have, or are trained to have empathy, genuineness (congruence), and who prize their students (positive regard) create an important level of trust in the classroom and exert significant positive effects on student outcomes including achievement scores, interpersonal functioning, self-concept, and attendance. The dialogues between Rogers and Lyon offer a unique and timeless perspective on teaching, counselling and learning. The work of Reinhard Tausch on person-centered teaching to counselors, parents, athletics, and even textbook materials, as well as research on the interactions of teachers and students, is among the most thorough and rigorous research ever accomplished on the significance and potential of a person-centered approach to teaching and learning"--

This practical and comprehensive guide is written for counsellor trainers and their trainees, as well as for counsellors already in practice wanting to familiarize themselves with the person-centred approach to counselling. Dave Mearns and Brian Thorne explain the theoretical principles of the person-centred approach by relating these principles to actual practice. Drawing on one particular case-study the two counsellors present an extensive exploration of the core conditions of empathy, acceptance and congruence, and provide a step-by-step account of both the counsellor's and the client's experience of being involved in a trusting, caring relationship characterised by power-sharing and mutuality.

"Architecture is a social art. If the practice of architecture is the art of what you can make happen, then I believe that you are only as good as your bullpenthe builders, the engineers, the artisans, the colleagues, the staffwho collaborate with you; those who become possessed by the same urge to build, by the same belief that we are working on something exceptional together." Brian MacKay-Lyons For two weeks each summer, architect Brian MacKay-Lyons uses his family farm on the east coast of Nova Scotia for a special event. Among the stone ruins of a village almost four hundred years old, he assembles a community of architects, professors, and students for a design-build internship and educational initiative called Ghost Research Lab. The twoweek projectone week of design and one week of constructionrests on the idea that architecture is not only about building but also about the landscape, its history, and the community. Based on the apprenticeship environment of ancient guilds, where architectural knowledge was transferred through direct experience, Ghost redefines the architectas a builder who cultivates and contributes to the quality of the native landscape. Published to celebrate the event's tenth anniversary, Ghost offers a thorough documentation of the past decade's design-build events including drawings, models, and final photographs of completed structures.

Organized chronologically and interwoven with MacKay-Lyons's simple and accessible personal narratives, Ghost also features essays by some of the most eminent figures in architectural criticism, including Christine Macy, Brian Carter, Karl Habermann, Robert Ivy, Kenneth Frampton, Thomas Fisher, Juhani Pallasmaa, Peter Buchanan, and Robert McCarter. In an architectural climatefull of trends and egos, Ghost is the rare manifesto that does not preach but rather inspires quietly with simple ideas that unexpectedly unsettle and arouse.

Volume 1, Models and Theories of The Wiley Encyclopedia of Personality and Individual Differences The Encyclopedia of Personality and Individual Differences (EPID) is organized into four volumes that look at the many likenesses and differences between individuals. Each of these four volumes focuses on a major content area in the study of personality psychology and individuals' differences. The first volume, Models and Theories, surveys the significant classic and contemporary viewpoints, perspectives, models, and theoretical approaches to the study of personality and individuals' differences (PID). The second volume on Measurement and Assessment examines key classic and modern methods and techniques of assessment in the study of PID. Volume III, titled Personality Processes and Individuals Differences, covers the important traditional and current dimensions, constructs, and traits in the study of PID. The final volume discusses three major categories: clinical contributions, applied research, and cross-cultural considerations, and touches on topics such as culture and identity, multicultural identities, cross-cultural examinations of trait structures and personality processes, and more. Each volume contains approximately 100 entries on personality and individual differences written by a diverse international panel of leading psychologists Covers significant classic and contemporary personality psychology models and theories, measurement and assessment techniques, personality processes and individuals differences, and research Provides a comprehensive and in-depth overview of the field of personality psychology The Encyclopedia of Personality and Individual Differences is an important resource for all psychology students and professionals engaging in the study and research of personality.

A Way of Being was written in the early 1980s, near the end of Carl Rogers's career, and serves as a coda to his classic On Becoming a Person. More personal and

philosophical than his earlier writings, it traces his professional and personal development and ends with a person-centered prophecy, in which he predicts a future changing in the direction of more humaneness. Now, fifteen years later, the psychiatrist and best-selling author Dr. Irvin Yalom revisits *A Way of Being*, offering a contemporary view of this remarkable work.

Students deserve great teachers and learning to become a great teacher is a lifelong journey. *On Becoming a Teacher* guides both the new and experienced teacher through the exhilarating process of learning to educate students in a way that makes a lasting impact on their lives. Dr. Kearney leads the reader through the process of understanding what lies at the foundation of great teaching, loading each essay with ready-for-classroom use applications and challenging ideas. This book is designed to encourage the reader to think deeply about all aspects of education, while instilling, or rekindling, the excitement, enthusiasm, and teaching excellence shared by all great teachers. Written in conversational essay form and supplemented with discussion and reflection questions, this brief book would make an ideal classroom text for student teaching and education seminars. Whether you aspire to teaching excellence at the elementary school, middle school, high school, or collegiate level, *On Becoming a Teacher* is a must read. Author Bio: Edmund M. Kearney, Ph.D. is Professor of Psychology at Lewis University. Dr. Kearney has won numerous teaching awards over the past 20 years, including being named the "Teacher of the Year" at the Chicago School of Professional Psychology, the Lasallian Educator of the Year for teaching excellence at Lewis University, and the St. Miguel Febres Cordero Award winner for excellence in scholarship at Lewis University. Dr. Kearney's specialty areas in psychology include cognition, special education, child and adolescent assessment, and the scholarship of teaching and learning.

Scholars in the field of affective/humanistic education and psychology discuss the human side of teaching and learning.

Ce document décrit les expériences du Dr. Rodgers en psychothérapie et oriente sa démarche sur le devenir de l'individu, son épanouissement et l'optimisation de son développement.

Active Listening is a short 1957 work by Drs. Carl R. Rogers and Richard E. Farson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the "client-centered" approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farson to continue his studies with him at the University of Chicago. Farson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later appointed as the founding dean of the California Institute of the Arts School of Design and served as president of the Esalen Institute. Drs. Rogers and Farson collaborated on many projects, including 1957's *Active Listening*. They also led a 16-hour group therapy session that was recorded and released as a film called *Journey Into Self*. The film won the 1968 Academy Award for Best Documentary. *Active Listening* describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them, in order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farson put it, "It takes a great deal of inner security and courage to be able to risk one's self in understanding another." In contrast to many psychological texts, *Active Listening* is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farson's ideas about client-centered psychology are used in clinical practice today.

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.

In this witty, often terrifying work of cultural criticism, the author of *Amusing Ourselves to Death* chronicles our transformation into a Technopoly: a society that no longer merely uses technology as a support system but instead is shaped by it—with radical consequences for the meanings of politics, art, education, intelligence, and truth.

Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments.

Written by the founder of humanistic psychology, Rogers traces his personal and professional life from the 1960s to the 1980s, and offers new insights into client-centered therapy.

No other word in the English language is more endemic to contemporary Black American culture and identity than "Soul". Since the 1960s Soul has been frequently used to market and sell music, food, and fashion. However, Soul also refers to a pervasive belief in the capacity of the Black body/spirit to endure the most trying of times in an ongoing struggle for freedom and equality. While some attention has been given to various genre manifestations of Soul—as in Soul music and food—no book has yet fully explored the discursive terrain signified by the term. In this broad-ranging, free-spirited book, a diverse group of writers, artists, and scholars reflect on the ubiquitous but elusive concept of Soul. Topics include: politics and fashion, Blaxploitation films, language, literature, dance, James Brown, and Schoolhouse Rock. Among the contributors are Angela Davis,

Manning Marable, Paul Gilroy, Lyle Ashton Harris, Michelle Wallace, Ishmael Reed, Greg Tate, Manthia Diawara, and dream hampton.

Dieser Titel ist die erste Monographie zur Rolle der deutschen Bevölkerungsminderheit in den Südstaaten im Amerikanischen Bürgerkrieg. Sie stellt heraus, dass die Deutschen durchaus an den Kämpfen beteiligt waren und der Sklaverei weitgehend positiv gegenüber standen. In einer vergleichenden Analyse werden die deutschen Milizen, Wortführer, Konsuln, Blockadebrecher und Unternehmer der Städte Charleston, Richmond und New Orleans vorgestellt. Der Anhang enthält eine umfangreiche Übersicht zu Primär- und Sekundärquellen, u. a. ein tabellarisches Verzeichnis über die Angehörigen der ethnisch-deutschen Militäreinheiten mit Namen, Herkunft, Rang, Beruf, Einkommen und Sklavenbesitz. Das Werk eignet sich als Archivführer für weitere einschlägige Arbeiten durch Historiker, Militärforscher und Genealogen.

Selected from a body of Rogers' work, essays deal with his approach to psychotherapy, theory and research, and philosophies.

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