Personality development

Humanistic Approach to Personality Development Carl Rogers used a person-centered approach in his theory of personality development. Unlike other theorists, he believed that therapists should focus on the whole person, not just what could be diagnosed ' wrong' with them, and he wanted therapists to create a safe haven for the client in the therapy environment so that the client themselves could figure out their own problems. This approach is built on talk therapy, but does not judge the client; instead it facilitates a therapeutic relationship between therapist and client. Instead of the therapist explaining what is wrong and what they can do about it, it engages the client to understand where they themselves are coming from with the hopes that their internal awareness of their situation will change to promote a more positive outcome. Rogers' unconditional positive regard is a crucial part of his person centered approach. In this, the therapist accepts the client unconditionally, that is, without judgment, without disapproval and without approval of their condition. This raises the self regard of the client, and makes the client responsible for their own treatment. It also makes the client aware that he or she has their own feelings, and their own experiences that they themselves must be responsible for. Therefore there can be no blame, if there is a problem within you then you can help yourself to overcome it, with the gentle guidance of your therapist. This approach is different than those we have already studied this year in as much as it treats a person as an individual, not as a symptom or as a disorder that must be worked on. This theory believes that personality is developed individually, not using a set of pre-determined factors or believing that we are merely born with a personality already intact. It also differs from the other theories because it believes that we are all trying to become a fully functioning person, other

theories will argue that we are already all that we can be or can hope to be, this humanistic approach begs to differ, and treats us all as individuals trying to become the best ' us' we can be. Abraham Maslow was a huge contributor to the humanistic approach theory. He theorized that we have a hierarchy of needs that we need to attain in order to reach our full potential as human beings. The needs are set out so that basic needs, shelter, food, clothing, etc. are attained first. Next, we worry about our safety, not only to our personal selves, but of our employment, our resources, our mortality, etc. After the safety needs are met, we move on to attain love and belonging, which not only includes a significant other, but the love and belonging to a family, to friends, etc. Next comes esteem, our self esteem, our confidence, how secure are we in ourselves and our abilities? Once all of these needs are met, Maslow says we are at self actualization, which happens when you reach a state of harmony and understanding about your life. He theorized that all humans have the desire to attain self actualization, thereby fulfilling their full potential. I believe that all of the lower order needs have been met by me in my life so far. I believe that my upbringing and my childhood was such that I had all my basic needs from day one, and I continue to strive to keep that the case. As you grow and develop your ideals I believe it is easier for you to continue on through the needs. Building on each one as you go gives you a good starting point in order to attain the higher levels on the course to self actualization. As you grow older, you have a better sense of who you are and how you fit into the world. I believe that maturity plays a big part in attaining the higher level needs, as your personality changes and grows and you realize what it is you want out of life. I hope to keep growing as a person and striving to meet my ultimate goal, self actualization.