

CAPSULE SUMMARY

SOME IMPORTANT ROGERIAN TERMINOLOGY

Actualizing tendency	An innate tendency to develop our constructive capabilities and grow in ways that maintain or enhance our total organism; the fundamental motive underlying all human behavior.
Anxiety	A state of uneasiness and tension, resulting from experiences that are subceived as incongruent with the self-concept.
Awareness (Consciousness)	That part of experience that is expressed in verbal or other convenient symbols.
Conditional positive regard	Liking and accepting another person only if that individual's feelings and self-concept meet one's own standards; the typical way in which parents behave toward the child.
Conditional positive self-regard	Liking and accepting oneself only if one satisfies the introjected standards of significant others (conditions of worth), even though these run counter to one's actualizing tendency.
Condition of worth (introjected value)	A standard that one must satisfy to receive conditional positive regard from a significant other, and that is therefore introjected into the self-concept and becomes a criterion for positive self-regard. Supercedes the organismic valuing process and thus leads to behaviors that are not truly actualizing.
Congruence	A healthy state of unison between one's total organismic experience and a self-concept that is free of conditions of worth and has no need to resort to defense.
Defense	Responding to experiences that threaten the self-concept and evoke anxiety by perpetually distorting them, or (less frequently) by screening them out altogether from awareness.
Empathy (Understanding)	A reasonably accurate understanding of someone else's experience; putting oneself in another person's shoes. One of the three essential characteristics of the successful therapeutic relationship.
Encounter group (T group)	A group of relatively well-adjusted individuals, who meet with a facilitator to pursue personal growth.
Experience (experiential field, phenomenal field)	Everything going on with the individual that is presently within or potentially available to awareness, including thoughts, needs, perceptions, and feelings. A relatively small part of experience is expressed in consciously identifiable symbols, while the great preponderance remains unsymbolized and consists of visceral and nonconscious sensing or knowing.