

THEORIES AND TECHNIQUES
OF COUNSELING

Carl R. Rogers (1902-1987)

In your small group, discuss and then summarize for the larger group the following:

- (A) What difficulties do you see in training and becoming a person-centered counselor?
- (B) Would it be possible to be in a position of authority (e.g., principal, business executive, other administrator) and still follow Roger's interactional conditions of genuineness, congruence, empathic understanding and unconditional positive regard? Discuss both sides of this issue and stipulate conditions that might aid or hinder this interactional stance.
- (C) Describe a fully-functioning person according to Rogers. Is this a theoretical ideal? a peak time we can all reach occasionally? Draw on your experience and try to think of someone whom you feel would fit this description.