



PERSON-CENTRED THERAPY

Person Centred Therapy (PCT) was developed by psychologist Carl Rogers in the 1930s, and it has been one of the most widely used approaches counselling therapy.

PCT is a form of talk counselling which relies on the therapeutic relationship between the client and the therapist.

PCT is a non-directive approach, which means that a person's thoughts and feelings lead the counselling session.

The goal of PCT is to create conditions under which clients can discover their self-worth, improving self-awareness and alter their behaviour to better their wellbeing.

PCT can be helpful for a wide range of individuals, including those struggling with:

- Depression
- Anxiety
- Low self-esteem
- Relationship issues
- Grief and Loss

It can also be helpful for those who are seeking personal growth and self-exploration.

A Person-Centred Therapist will focus on the individual and their unique experiences and needs, and what is best for each client.

How does PCT Work?

PCT is based on the belief that individuals have the inherent capacity to solve their own problems and that the therapist's role is to create an accepting and non-judgmental environment in which the client can explore their thoughts and feelings.

During a person-centred therapy session, the therapist creates a safe and supportive space for the client to express their thoughts and feelings without fear of judgment.

The therapist uses active listening and reflection to help the client explore their experiences and better understand their thoughts, feelings, and behaviours.

The therapist may also use clarification to help the client identify and express their thoughts and feelings more clearly.

The therapist's role is to provide empathy and support as the client works through their challenges and makes progress towards their goals.

The therapist does not offer solutions or advice, but rather helps the client to discover their own insights and solutions through the process of self-exploration.