Humanistic Psychology

* Read the following <http://www.simplypsychology.org/humanistic.html>
* Make notes on the assumptions of the humanistic approach making reference to the image(below)



Maslow’s Hierarchy of needs

 Watch: <https://www.youtube.com/watch?v=pEpt20-gn9Q>

What is Self Actualisation?

Complete the following hierarchy template based on Maslow’s Hierarchy of needs http://www.simplypsychology.org/maslow.html

**Carl Rogers, the self and positive regard**

**Define:**

|  |
| --- |
| **Self** |
| **Congruence** |
| **Unconditional Positive regard**  |
| **Conditions of Worth** |

**Complete the Following**

‘**Self**’ means our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_understanding of our identity, including who we are and what we mean to others. Carl Rogers thought that **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**depended on holding a positive **\_\_\_\_\_concept** or **\_\_\_\_\_\_-regard**. Rogers claimed that issues with **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**in adulthood can link to a lack of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** in **childhood**. How we feel about ourselves depends on being valued and respected by **other people** as we are **(unconditional positive regard)** rather than as the people they would like us to be. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**exists when people believe that they would be loved or valued more if they met certain **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**of those close or important to them.

**Explain what is meant by Congruence? Draw a diagram to represent this concept**

**How could a therapist help a client to achieve Congruence?**

**The influence of Humanistic Counselling – Client/ Person Based Therapy**

**Watch the clip and makes notes on Roger’s Client Based Therapy (use your pack also)**

[**https://www.youtube.com/watch?v=kdHzHTgw2iA**](https://www.youtube.com/watch?v=kdHzHTgw2iA)

**Make notes on key terms, key assumptions about behaviour and methods used in Humanistic Client Based Therapy**

**Exten: In what ways did Maslow and Rogers agree?**

**Evaluating the Humanist Approach**

**Read the following:**

**Humanism can be applied to real life**

Humanistic Psychology has been criticised for having little real world application compared to other approaches however many argue that the approach has **revolutionised counselling techniques**. A number of therapies have developed from Humanism; one of these is person-centred or client-centred therapy, which is often known as counselling. The aim is for the client to resolve their problems with the support of a counsellor known as a guide. The emerging **“third wave”** CBT integrates **humanistic** ideas with methods of cognitive behavioural therapy and research by Elliot (2002) has evidenced its **effectiveness** as the meta-analysis showed **significant improvement** in clients when compared with outcomes from other treatments. Maslow’s hierarchy has also useful application and has been used to explain **motivation** in the **workplace** has been linked to **economic development** and informs the **practice** of educational, Health and Social care **professionals**.

**What is “Third Wave therapy?”**

**Where has Maslow’s Hierarchy been usefully applied?**

**Holism vs Reductionism**

**Define Reductionism in Psychology:**

**Define Holism in Psychology:**

Biological and Behaviourist approaches break and reduce behaviour down. The Humanistic approach adopts a holistic explanation which attempts to blend different levels of explanation; holistic theory and approaches attempt to provide a complete and realistic understanding of human behaviour. However, holistic explanations do not establish causation because they do manipulated and measured. This means that holistic explanations are view as **unscientific.**

**Add notes on the Evaluation point “humainism is Holistic” from your pack**

**Free will vs Determinism** Humanism is unique in the approaches as it is the only approach that considers Free will

**Define Determinism in Psychology:**

**Define Free Will in Psychology:**

Considering free will is a positive approach to Psychology and this is a strength of Humanism.

But Can Humanism be tested? Watch the following: <https://www.youtube.com/watch?v=EMdAnU3vYzA>

How does this challenge Humanism?