**Prep 6: Humanist Approach**

**Task 1: Recapping Assumptions**

***You have already learnt the assumptions of the humanist approach so test yourself with this fill in the gaps:***

* Humans have ­­­­­­­­\_\_\_\_ \_\_\_\_; not all behaviour is \_\_\_\_\_\_\_\_\_\_\_\_.
* All individuals are \_\_\_\_\_\_\_\_\_ and have an innate (inborn) drive to achieve their maximum \_\_\_\_\_\_\_\_\_\_\_.
* A proper understanding of human behaviour can only be achieved by studying \_\_\_\_\_\_\_\_ - not \_\_\_\_\_\_\_\_\_\_.
* Psychology should study \_\_\_\_\_\_\_\_\_\_\_ (idiographic) rather than the average performance of \_\_\_\_\_\_\_\_\_\_ (nomothetic).

**Task 2: Maslow’s Hierarchy of needs**

Watch the following clip, then answer the questions below: <https://www.youtube.com/watch?v=pEpt20-gn9Q>

What is Self Actualisation?

Click on the link to read about Maslow’s hierarchy of needs <http://www.simplypsychology.org/maslow.html>

Complete the following hierarchy template based on Maslow’s Hierarchy of needs

**Task 3: Carl Rogers, the self and positive regard**

1. **Look up the key concepts below in the pack and, in your own words, define them in the box below:**

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

1. **Read the Carl Rogers, the self and positive regard section in the pack and answer the following questions:**

* According to Carl Rogers, why would someone have low self-esteem?
* What is conditional positive regard?
* How could having conditional positive regard affect a person’s self concept? What affect would that have on their personal growth?

1. Referring to congruence, why would someone have low self-worth?

**Task 4: The influence of Humanistic Counselling – Client/ Person Based Therapy**

**Read this section of the pack and watch this clip –** [**https://www.youtube.com/watch?v=kdHzHTgw2iA**](https://www.youtube.com/watch?v=kdHzHTgw2iA)

**Makes notes on Roger’s Client Based Therapy and the key terms, key assumptions about behaviour and methods used in Humanistic Client Based Therapy.**