

## 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:

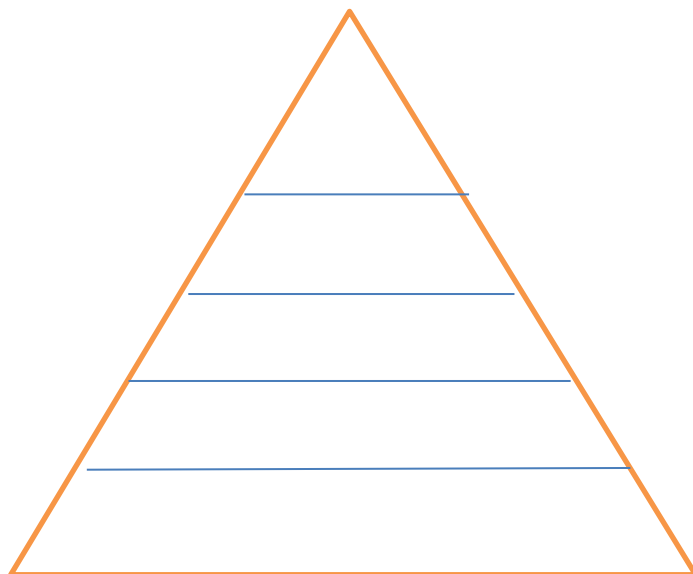
<https://www.youtube.com/watch?v=pEpt20-gn9Q>

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

a) Look up the key concepts below in the pack and, in your own words, define them in the box below:

<i>Self</i>
<i>Congruence</i>
<i>Unconditional Positive regard</i>
<i>Conditions of Worth</i>

b) 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?

c) 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>

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