ACTIVE RESPONSIVENESS

Person-Centered Psychotherapy
A dialogical approach

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"You only hear the questions that you are able to answer."

Friedrich Nietzsche

Person-Centered Psychotherapy
A dialogical approach

I. **The development of PCT towards a substantial-relational understanding**

II. **Some essential foundations and characteristics of PCT**

III. **The fundamental dialogical nature of PCT and psychotherapy**

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I. The development of PCT towards a substantial-relational understanding

- **Non-directive**

  not interfering in the process of actualization

- **Client-centered**

  the necessary and sufficient conditions for therapeutic personality change

- **Person-centered**

  therapy as encounter:

  the client as self healer – the therapist as facilitator

The emergence of the relational dimension of PCT

C. R. Rogers	'therapy as relationship or encounter' (1962)
P. F. Schmid	'therapy as the art of personal encounter' (1989)
W. Pfeiffer	'relationship as the central effective factor in PCT' (1989)
R. van Balen	'Rogers' development towards dialogue' (1990)
B. Thorne	'intimacy' (1991)
M. O'Hara	'relational humanism' (1992)
L. Holdstock	'interdependent, not individuocentric nature of self' (1993)
U. Binder	'empathy versus cognitive social perspective taking' (1993)
G. Prouty	'pre-symbolic experiencing, contact & pre-therapy' (1994)
G. Barrett-Lennard	'client-centered relational psychotherapy' (1998)
D. Mearns	'dialogical model of self' (2000)
M. Warner	'contact & fragile and dissociated process' (2000)
M. Behr	'interactive resonance' (2003)
A. Bohart	'the client as active self healer' (2004)
M. Cooper	'relationally-orientated approach to therapy' (2004)

Bipolar model of psychotherapy

P. F. Schmid:

'therapy – the art of personal encounter & dialogue'

1989; 1991; 1994; 2001; 2002; 2006; 2008; Schmid & Mearns, 2006

D. Mearns & M. Cooper

'working at relational depth'

Mearns 1996; Mearns & Thorne, 2000; Mearns & Cooper, 2005

G. Barrett-Lennard

'client-centered relational psychotherapy'

1993; 1998; 2003; 2005; 2007

INCLUDES WORK BY CARL ROGERS
PUBLISHED IN ENGLISH FOR THE FIRST TIME

THE HANDBOOK
OF PERSON-CENTRED
PSYCHOTHERAPY AND
COUNSELLING

Edited by
Mick Cooper,
Maureen O'Hara,
Peter F. Schmid
and Gill Wyatt

Growing relational understanding of therapy

- **Intersubjective psychoanalysis**
  (interplay of transference-countertransference liaison …)

- **CBT** (relationship as prelude to treatment)

- **Systemic therapies** (negotiating …)

- **Existential and humanistic therapies**
  Martin Buber et al. → Hans Trüb, Ludwig Binswanger, Viktor v. Weizsäcker, Rollo May, Irving Yalom, James Bugental, Carl Rogers (therapy as relationship)

The development of PCT towards a substantial-relational understanding

- Relationship is essential to *all* psychotherapy.

- But the concept of encounter of PCT marks a change of paradigm.

- The human being as individual-in-relationship: independence *and* interrelatedness.

- In PCT relationship is not a means or method, rather therapy *is* encounter, *is* dialogue.

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II. Some essential foundations and characteristics of PCT

- **Person**

- **Encounter**

- **Fundamental We**

- **Presence**

- **Personalization**

- **Group**

The state of the art of PCT

■ **Person**

- substantial-relational nature

- independence & interconnectedness

- image of the human being: personal anthropology, phenomenological, existential

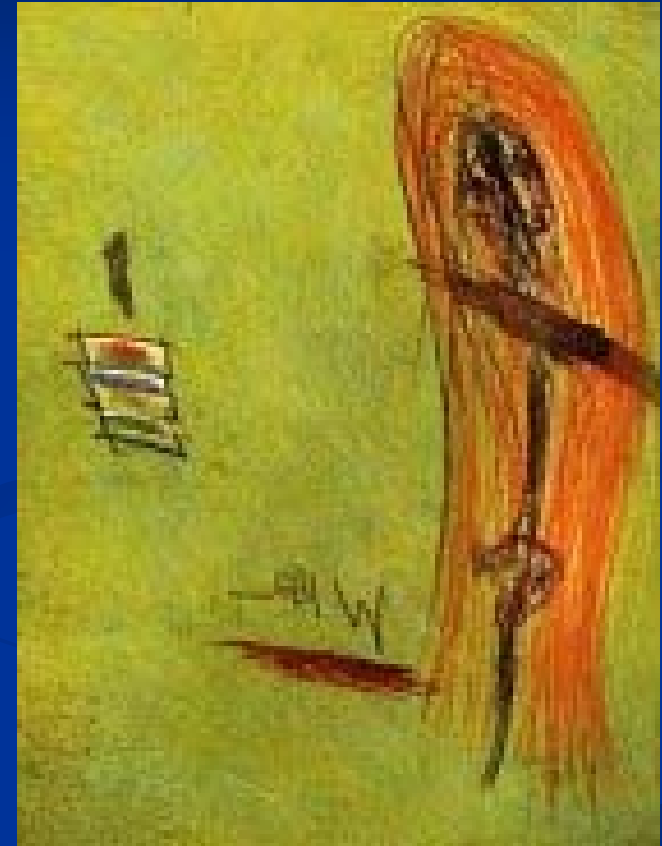# The state of the art of PCT

Encounter

- the Other

- epistemology of alterity

- Thou-I-relationship

The state of the art of PCT

- **Fundamental We**

  - encounter as core of a co-creative process

  - co-responding to the existential situation

  - bi-polar model of psychotherapy: client makes acknowledgement and empathy of the therapist work

The state of the art of PCT

Presence

- to be fully there

- authenticity, acknowledgment, comprehension

- *the* core condition of being-with and being-counter

The state of the art of PCT

■ **Actualizing process as personalization**

■ **energeia-dynamis / act-potency**
   efficient cause (causa efficiens)

■ **dialectical understanding of the actualizing tendency**

■ **actualizing tendency as *social* construct**
   (no development totally-by-itself)

■ **personalizing tendency:** freedom & creativity

The state of the art of PCT

■ Group

- ■ „the Third"

- ■ the primary locus of therapy

- ■ the interface of individual & society

- ■ PCA is a group approach

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Different meanings of 'dialogue' in PCT

J. Finke & L. Teusch   the dialogical must be amended by a functional relationship

G. Lietaer   dialogical working alliance

K. Tudor & T. Merry   dialogue is 'a precondition for therapy and the therapy itself'

A. Bohart   co-constructive dialogue as meeting of minds

K. Tudor & M. Worrall   dialogue is the practice and mutuality is the outcome

P. Sanders   dialogue is the co-created relationship between the helper and the person helped

not a school of therapy, but the idea that therapy *is* dialogue

D. Mearns & M. Cooper   working at relational depth:

'state of profound contact and engagement between two people in which each person is fully with the Other …'

specific moments of encounter & a particular quality of a relationship

What does 'dialogue' mean?

* Greek **'δια-λεγειν'**
δια = between (inter)

λεγειν = pick up, gather, collect; talk, speak
to put something apart by thinking over it
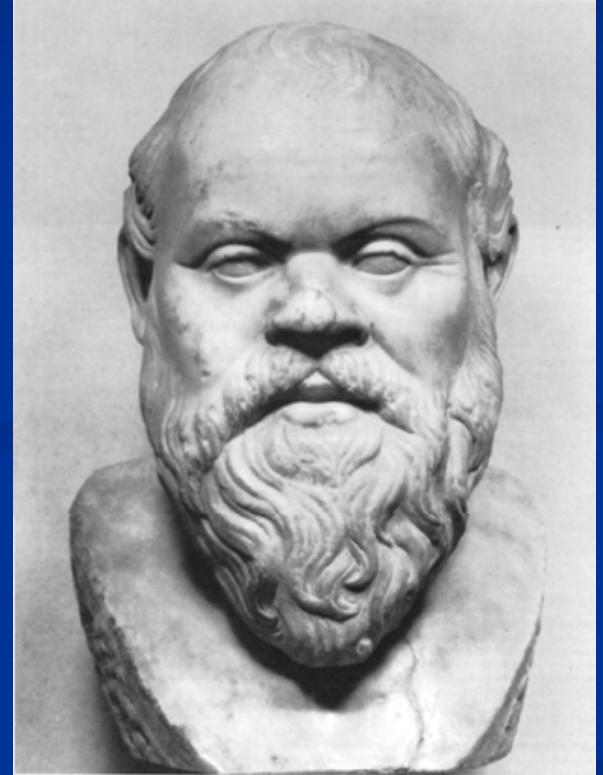
λογος = word, meaning, significance
'between words' → **flowing of meaning**

Dialogue: the conventional meaning

- **human conversation face to face, mutual exchange, discourse, interchange in talking**

  v. entre-tien (conversation), inter-course (social communication)

- **symmetry and equality**

- **a meeting of the one with the other**

Dialogue: Socrates

- pro-active search for wisdom

- εὐ ζῆν: to live a good and truthful life

- a pedagogical instrument

Dialogue: Martin Buber
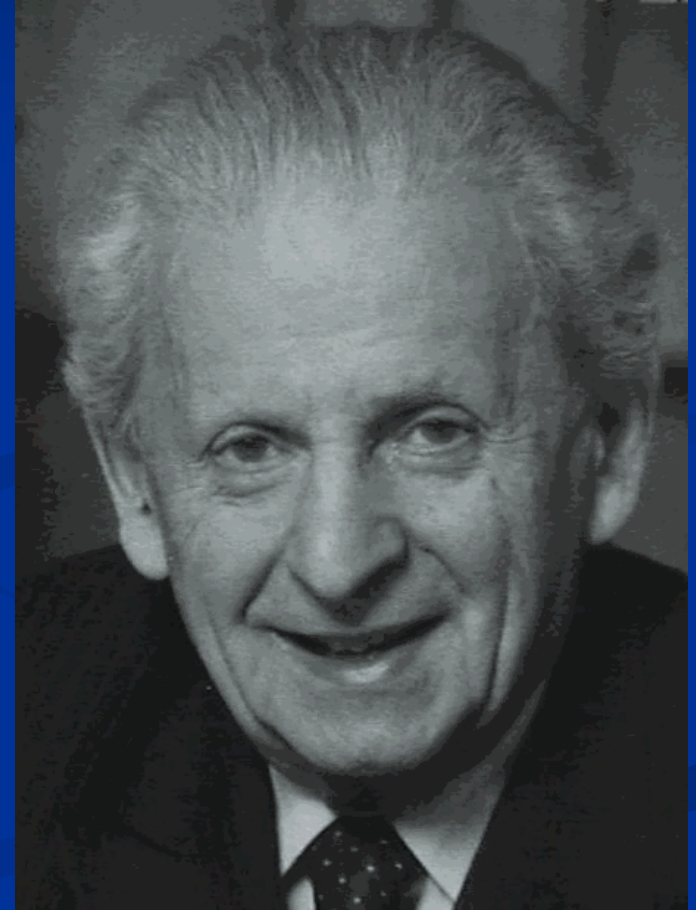
Interpersonality → Dialogue

"The sphere of the interpersonal is the opposite-to-each-other; its unfolding is what we call dialogue."   *Buber, 1948*

I-Thou relationship

Dialogue: Emmanuel Levinas

- of original im-media-cy

- not a consequence of experience

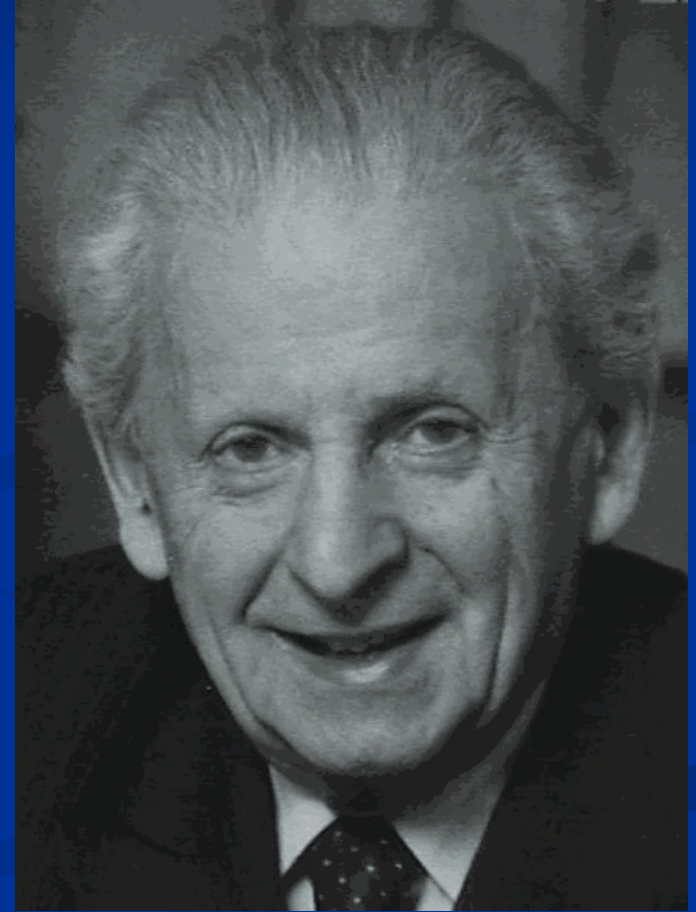- primary occurrence

- dissymetric:
  The other comes first.

Dialogue: Emmanuel Levinas
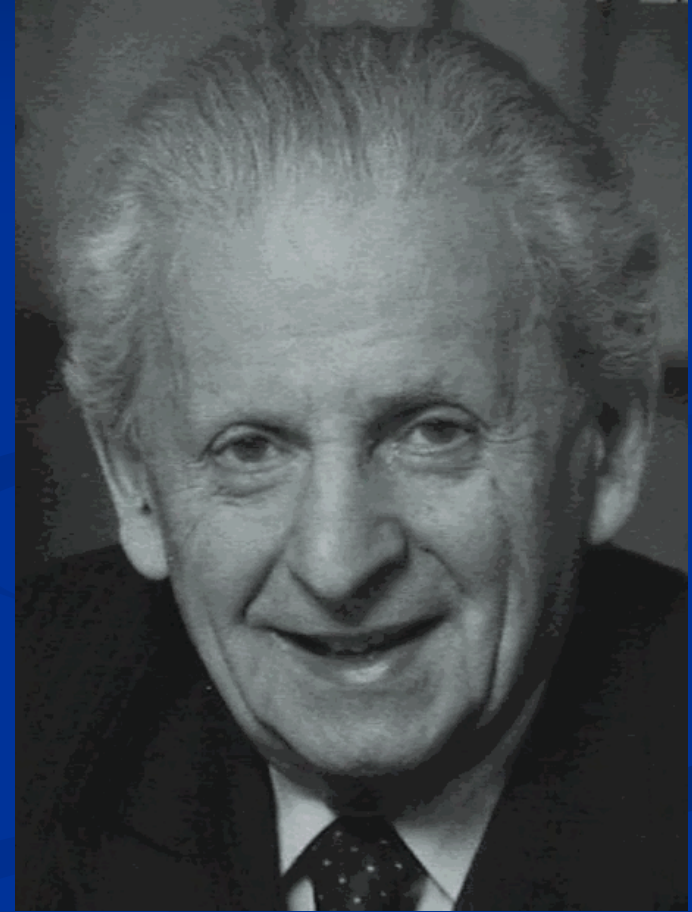
Dialogue → Interpersonality

"It is precisely because the Thou is absolutely different from the I that there is - from the one to the other - dialogue." *Levinas, 1981*

Thou-I relationship

Dialogue: Emmanuel Levinas

- Solidarity is a basic human condition.

- It means to say: **"Here I am."**

- This dissymetry is the origin of ethics.

- The I is constituted by his/her responsibility.

Dialogue

~~Self-consciousness → dialogue~~

Dialogue → self-consciousness

Dialogue

The human person *is* dialogue.

What does a dialogical understanding of PCT mean?

- A true humanistic therapy is not egology.
- Being concerned with the therapist attitudes above all = „therapist-centredness".

- **The client comes first.**

What does a dialogical understanding of PCT mean?

Psychotherapy means to enter dialogue.

What does a dialogical understanding of PCT mean?

Psychotherapy means to <u>enter</u> dialogue.

What does a dialogical understanding of PCT mean?

- Dialogue is in the very beginning of therapy.

- The persons engaged in therapy *are* dialogue.

Therapy as dialogue?

Psychotherapy → dialogue

Dialogue → psychotherapy

What does a dialogical understanding of PCT mean?

■ **Dialogue is in the very beginning of therapy.**

■ **The persons engaged in therapy *are* dialogue.**

■ **Therapy is the unfolding of dialogue.**

■ **Presence is an expression of the fundamental "Here I am".**

■ **Encounter is the realization of dialogue.**

■ **Ethically therapy is a way of "being for" the client.**

What does a dialogical understanding of PCT mean?

The dialogical understanding of PCT is a deepening of the comprehension of its image of the human being: <u>the person</u>.

Dialogue – an ethical enterprise & a political statement

- **Ethical task**

  To be existentially challenged as a person and as a professional.

- **Political task**

  To resist problem- and solution-centeredness.

  To avoid the trap of the customary politics of the helping professions.

- To develop a truly human science, research and practice.

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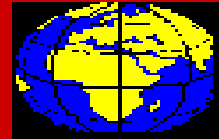'You only hear the questions that you are able to answer.'

Friedrich Nietzsche

Without acknowledgement
of the radical otherness of the Other
'responding wouldn't be what it is,
namely a way of speaking and doing
that – responding to demands of others –
surprises itself'.

Bernhard Waldenfels

PF / S

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The Person-Centered Website
by Peter F. Schmid

Die personzentrierte Homepage
Le site centré sur la personne
De Persoonsgerichte Site
Site da Abordagem Centrada na Pessoa
Página Web Centrada en la Persona

彼得．史密德