

# **Sexualities**

## **Person-Centred Perspectives**

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# Word Rap

- Lust
- Tenderness
- Perverted
- Sex
- Gay
- Intimacy
- Sadomasochism
- Love
- Frigid
- Devotion

# Sexualities

## Person-Centred Perspectives

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- **The image of the human being in the PCA**
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  - ENCOUNTER
  - PRESENCE
  
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  - SEXUALITY AS ENCOUNTER & SELF-TRANSCENDENCE
  - CONGRUENT & INCONGRUENT SEXUALITY
  - SEXUAL „DISORDERS“ AND THEIR THERAPY
  - SEXUALITY IN THERAPY

# Sexualities – PC Theses

- Sexuality, Rogers and the PCA
- Sexuality as actualization
- Sexuality as encounter
- Variations of (in)congruent sexuality
- Conditions for fulfilled sexuality
- Incongruent sexuality as alienation & its therapy
- Sexuality, eroticism, love

# SEXUALITY, ROGERS & THE PCA

1. When PCA talks about sexuality, it means sexuality.

# SEXUALITY, ROGERS & THE PCA

2. For various reasons Carl Rogers paid very little attention to sexuality.

# SEXUALITY, ROGERS & THE PCA

3. The person-centred concept of the person must not be misunderstood as being sexually neutral. Personality in a person-centred sense does not mean ignoring sex, it means the congruent assignment of sexuality and personality.



# SEXUALITY, ROGERS & THE PCA

4. To develop a person-centred notion of sexuality use of other theories should be avoided: it should truly be generated from personal experience and person-centred anthropology.

# SEXUALITY AS ACTUALIZATION

5. Sexual strivings and the expression of sexuality are the expression of the actualizing tendency.

# SEXUALITY AS ACTUALIZATION

6. Like human nature in general human sexuality is primarily to be considered as potentially constructive and trustworthy, not primarily as dangerous or even destructive, and so it should not be treated with reserve or subjected to taboos or moralizing reglementations.

# SEXUALITY AS ACTUALIZATION

7. When a human being really is living - not occupied with „surviving“ as is the case in exceptional situations -, any expression of sexuality should be regarded as an expression of their search for growth, creative development and greater fulfillment of personal potential.

# SEXUALITY AS ACTUALIZATION

8. The sexuality of a human being has always to do with the core of the person: therefore it is crucial for identity and alienation.

# SEXUALITY AS ACTUALIZATION

9. Genuine sexuality consists in a maximum congruence between the experiencing of sexual strivings and their accurate symbolization. Thus, *fulfilled sexuality* means the autonomous and free fulfilment of the potential which is inherent in these strivings.

# SEXUALITY AS ACTUALIZATION

10. The creative, generative dimension of sexuality can be regarded as an expression of the formative tendency.

# SEXUALITY AS ACTUALIZATION

11. Sexual striving for lust, the *concept of lust*, as the sexual aspect of the self-concept is determined by the self-actualizing tendency.



# SEXUALITY AS ACTUALIZATION

12. Sexuality, in particular mature sexuality, is characterized by a movement in a specific direction, i.e. by attraction.

# SEXUALITY AS ACTUALIZATION

13. Sexual possibilities - sexual potency - merit particular attention amongst the human being's possibilities as an expression of self-transcendence.

# SEXUALITY AS ENCOUNTER

14. Sexuality is a category of relationship. Sexual encounter is an overall and not only physical dimension of personal encounter.

# SEXUALITY AS ENCOUNTER

15. Personal sexuality is incarnated encounter. Sexuality is a central „interface“ between physical and emotional processes.

# SEXUALITY AS ENCOUNTER

**16.** Every person is responsible for their own values and standards concerning sexuality.

# SEXUALITY AS ENCOUNTER

17. Sexual standards often are applied by human beings to use or to misuse power.

# VARIATIONS OF CONGRUENT AND INCONGRUENT SEXUALITY

**18.** As regards sexuality in particular it is true to say: „What is most personal is most general.“ (Rogers, 1961)

# VARIATIONS OF CONGRUENT AND INCONGRUENT SEXUALITY

**19.** A concept which includes both sexes allows a more differentiated view of the actualizing tendency.



# VARIATIONS OF CONGRUENT AND INCONGRUENT SEXUALITY

20. If sexuality is the body language of the person, then the various forms and expressions of sexuality can be compared with the dialects of this language.

# VARIATIONS OF CONGRUENT AND INCONGRUENT SEXUALITY

21. The forms and expressions of sexuality are many and varied. There is no *one* „correct“ sexuality. Every human being has in principle the opportunity to choose the variety of sexual behaviour that suits them.

# VARIATIONS OF CONGRUENT AND INCONGRUENT SEXUALITY

22. So-called „abnormal sexual feeling and behaviour“ is only to be seen as incongruence if the person concerned is not able to correctly symbolize their experiences.

# CONDITIONS FOR FULFILLED SEXUALITY

23. The conditions for „fulfilled sexuality“ are, like the conditions for the development of congruent sexuality, identical with the basic attitudes which Rogers describes as necessary for person-centred relationships.

# CONDITIONS FOR FULFILLED SEXUALITY

24. Carl Rogers' basic attitudes may also well be understood sexually: as *intimacy*, *tenderness* and *lust*.

# CONDITIONS FOR FULFILLED SEXUALITY

25. Carl Rogers' dimension of „presence“ in the sexual sense comes close to the meaning of an orgasm shared by both partners which is experienced as satisfying and self-transcending.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

26. One of the conditions for „the estrangement of man from himself, from his experiencing organism“ (Rogers, 1961), is sexual repression.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

27. Sexual incongruence results from  
defence against fear.



# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

28. A „splitting off“ of sexuality from the organismic experiencing in particular takes place when in the emotional (and thus sexual) development sexuality is experienced as threatening.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

29. Therefore therapy is also an incarnated process to subdue sexual alienation.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

30. The PCA does not consider suffering in sexuality as a „sexual disorder“, but as an expression of the suffering of the person. Thus it has no specific „techniques for dealing with sexual disorders“, but trusts in the corrective experiences which the client will have in the person-centred relationship.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

**31.** A specific setting for specific sexual orientations generally does not seem to be necessary, especially when the therapeutic conditions are fulfilled to a large extent.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

32. On the other hand the PCA offers the possibility of specific therapeutic settings where this seems to be temporarily necessary because of sexual discrimination.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

**33.** The fitting attitude towards sexuality in therapeutic relationships is characterized on the one hand by a strict abstinence by the therapist from sexual activities in the present relationship with the client, on the other hand by a large openness to sexual subjects in general and the given therapeutic relationship in particular.

# INCONGRUENT SEXUALITY AS ALIENATION & ITS THERAPY

34. It is important - also independently of therapy - to find a congruent language for sexuality.

# SEXUALITY, EROTICISM, LOVE

35. Sexuality is an expression of encounter as a „game of love“, a „love full of force“.



# SEXUALITY, EROTICISM, LOVE

36. Sexuality, being understood as surrender in a relationship, in the end aims at transcendency of the person.

# Towards a definition of sexualities from a pc point of view

- Human sexualities are manifestations in various forms of the actualizing tendency as a basic, on principle constructive and trustworthy transcending force in life
- at one and the same time both
  - to creatively actualize one's potential of being a sexual (i.e. a male or a female or a hermaphrodite) person  
*(self-actualization and self-transcendence, i.e. the substantial dimension of being a person)*  
and
  - aiming at engaging in creative, intimate and lustful relationships characterized by a sexual tension (i.e. a physical-psychological-spiritual tension resulting from the perception of the sex of the other person or a substitute/representative of it)  
*(actualization and transcendence of the person, the relational dimension of being a person).*

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Le site centré sur la personne

De Persoonsgerichte Site

Site da Abordagem Centrada na Pessoa

Página Web Centrada en la Persona