

# Humanistic Approaches

Psychology

Rogers and Maslow, and the concepts that survived into practice.

Humanistic psychology treats people as fundamentally motivated toward growth, with distress arising when conditions prevent authentic self-development.

**GOAL**  
**congruence**

**CONDITION**  
**UPR**

**CORE CONDITIONS**  
**3**

- Self-concept: how a person sees themselves.
- Ideal self: who they wish to be.
- Incongruence between the two produces distress.
- Conditions of worth: love made conditional on behaviour.
- Unconditional positive regard is the therapeutic condition.
- Rogers' core conditions: empathy, congruence, unconditional positive regard.

## LOOK FOR IT

A child praised only for achievement develops conditions of worth attached to achieving.

Rogers' core conditions remain the strongest empirical legacy: therapeutic alliance predicts outcome across every modality.