

Carl Rogers (1902~1987) and the Humanist Take on Personality  
Five Key Points

- Opposes the so-called pessimistic dehumanizing negative view of humanity inherent in psychoanalysis and behaviorism. This THIRD FORCE, in contrast, in alignment with phenomenologists, promotes a more optimistic view.
- Roger's views, like Freud's, grew out of his (Roger's) person-centered, client-centered, non-directive psychotherapy.
- A key idea is that of the self-concept, a collection of beliefs about one's own nature, unique qualities, and typical behavior.
- Self-concepts that are consistent with reality are said to exhibit congruence, when they are not, they exhibit incongruence, a threat to one's psychological well being.
- Experiencing unconditional love in childhood promotes congruence in adulthood whereas having received love and affection with "strings attached," so-called conditional love, can lead to incongruence in adulthood regarding the self.

