

Person-centred and Experiential Therapies: a remarkable variety

Keynote Lecture in Prague

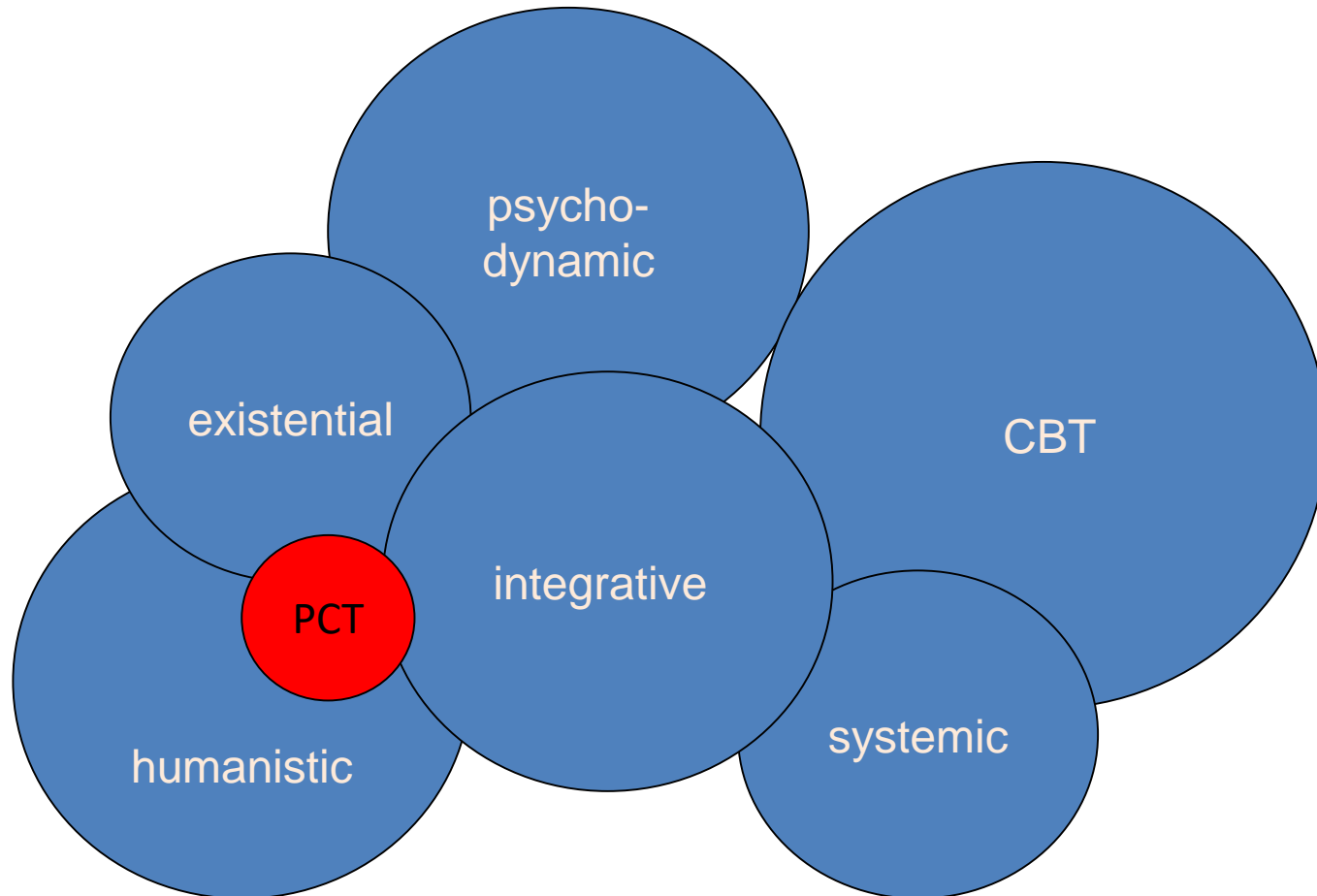
April, 27, 2014

Gerhard Stumm, Vienna

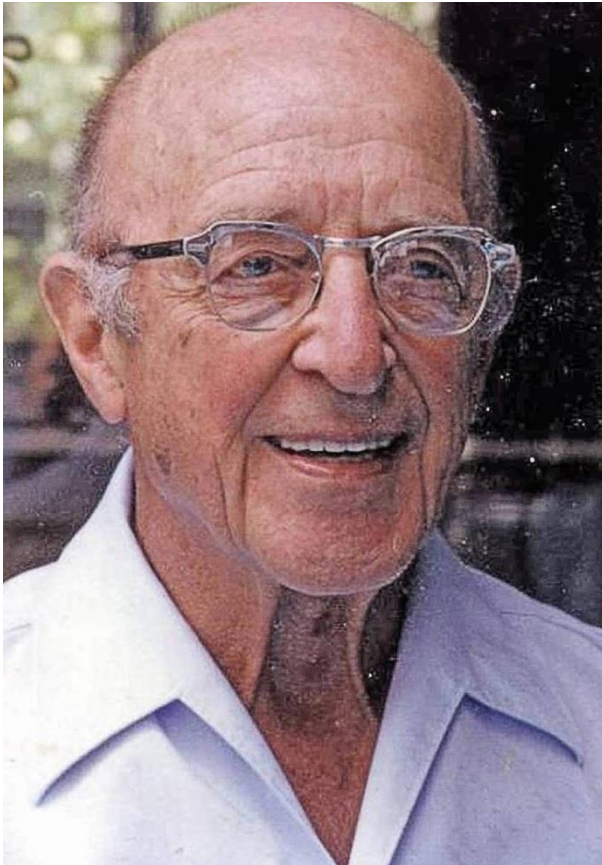
Menu

- Pluralistic tradition in PCT
- Overview of Person-centred and Experiential Therapies
- Characteristics of the members of the family
 - theoretical essentials
 - practical perspectives
 - my own impressions
 - references
- Identity aspects
- Discussion on variety and impact

Paradigms in psychotherapy



Person-centered Therapies



Carl Rogers
(1902-1987)

Pluralistic tradition in history of PCT

- psychoanalytic roots: Otto Rank, Jessie Taft (“relationship therapy”), Frederick Allen, Virginia Robinson, (Elizabeth Davies), (Karen Horney)
- cathartic and expressive aspect: play therapy, (Psychodrama)
- pragmatism: James, Dewey
- phenomenology: Snygg, Combs
- Gestalt psychology: Wertheimer, Köhler, Koffka
- Humanistic psychology: Maslow
- organismic theories: Goldstein, Angyal
- encounter philosophy: Buber
- existential philosophy: Kierkegaard, Sartre, Tillich

orthodox/traditional client-centred/person- centred orientation		various sub- orientations	experiential orientation	
Classical Client- Centred Therapy (CCT) (‘non-directive’)	relational / dialogic orientation (incl. Relational Depth)	interactional (interpersonal) existential disorder specific (incl. Pre-Therapy) creative (Expressive Arts) integrative (Motivational Interviewing)	Focusing- oriented Therapy	Emotion-Focused Therapy (EFT)

Overview of Person-centred and Experiential Therapies

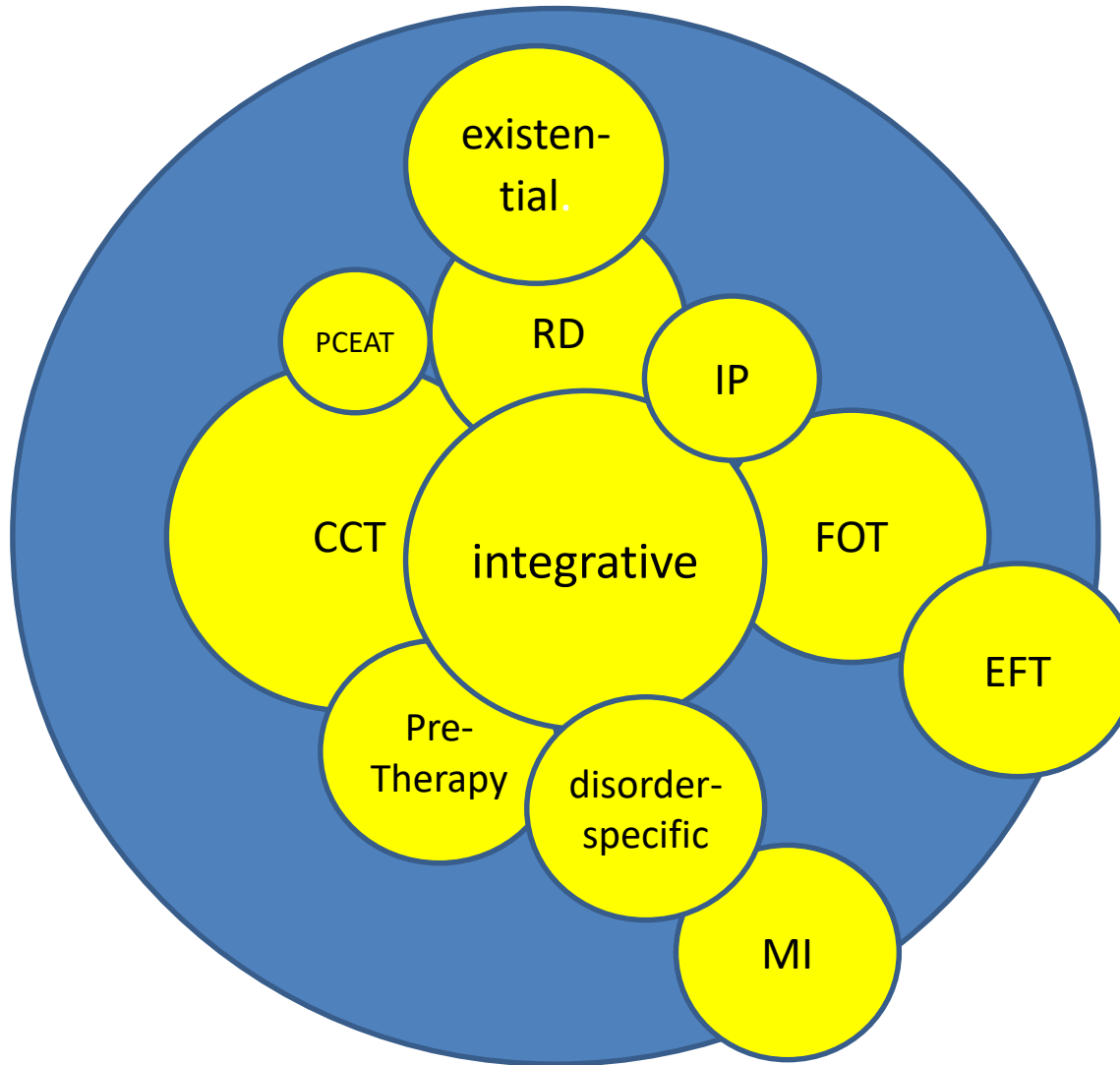
Tribes of the Family

**CCT=Classical
Client-centred
Therapy**

**PCEAT=Person-
centred Expressive
Arts Therapy**

**RD=Relational
Depth**

IP=Interpersonal



FOT=
**Focusing-
oriented
Therapy**

EFT=
**Emotion
Focused
Therapy**

MI=
**Motivational
Interviewing**

Classical Client-centered Therapy (CCT)

- trust in the client's self-governing and growth capacity (actualising tendency)
- ethically based → non-authoritarian, no coercion and power over the client
- (principled) non-directivity (non-experiential)
- “non-diagnostic mindset” (Brodley)

method: core conditions and their implementation & perception by the client are sufficient for constructive change of the client → relational climate counts

Classical Client-centered Therapy (CCT)

Rogers, C. (1951). *Client-centered therapy. Its current practice, implications, and theory*. Boston: Houghton Mifflin.

Rogers, C. (1959). A theory of therapy, personality, and interpersonal relationships, as developed in the client-centered framework. In S. Koch (Ed.), *Psychology: A study of a science. Vol. III: Formulations of the person and the social context* (pp. 184-256). New York: McGraw-Hill.

Rogers, C. (1961). *On becoming a therapist. A therapist's view of psychotherapy*. Boston: Houghton Mifflin.

Rogers, C. (1980). Client-centered psychotherapy. In H. Kaplan, A. Freedman & B. Sadock (Eds.), *Comprehensive textbook of psychiatry III. Vol. 2*. 3rd ed. (pp. 2153-2168). Baltimore: Williams and Wilkins.

Brodley, B. (2011). *Practicing client-centered therapy. Selected writings of Barbara Temaner Brodley* (ed. by B. Rice, B. Grant, M. Witty & K. Moon. Ross-on-Wye: PCCS Books.

PCT as dialogical approach

- a tradition that has started with the late Rogers
- from a “de-personalized” therapist (Rogers, 1951) to one who involves and expresses him-/herself transparently (e.g. Rogers, 1980)
- from therapist as “alter-ego” to being the “other” → being with and being counter to the client → “two-person-centred therapy” (co-presence)



Dave Mearns
(*????)



Mick Cooper
(*????)



Wolfgang Pfeiffer
(1919-2011)



Peter Schmid
(*1950)

Relational Depth

- term coined by Dave Mearns (1996)
- “A state of profound contact and engagement between two people, in which each person is fully real with the Other, and able to understand and value the Other’s experiences at a high level” (Mearns & Cooper, 2005, p. xii).
- based on the fundamental need for relating deeply (more than need for UPR)
- method: spontaneous and active participation of the therapist to foster an intense meeting and connection with the client → more than actualising core conditions → self of the therapist as “developmental agenda”

Mearns, C. & Cooper, M. (2005). *Working at relational depth in counselling and psychotherapy*. London: Sage.

Critique of RD

- *Sue Wilders*: missing unintentionality → directive
- *Keith Tudor*: depreciation for “superficial” experiencing → offending the principle of horizontalisation (all phenomena are equally to be regarded positively and unconditionally)
what is depth and what is surface? → diagnostic expertise

Existential

Existential

- struggle between polarities:
limitations and tragic side
of existence (e.g. death,
transitoriness) *and* potential
- freedom to ...
- permanent choices
- immanent tensions and contingency (“there is no cure for life”)
- future bound
- meaning
- challenging/confronting

Humanistic/person-centred

- growth and optimism
- freedom from ...
- trust in the actualizing tendency
- conditions of worth
- here and now
- self-actualisation
- facilitating

Existential

- **Rogers:** interested but not exploiting fully potential
- **Gendlin:** experiential = existential
- **Swildens:** Process-oriented Client-centred therapy → if the existential process is stuck, CCT is not sufficient, specific interventions according to disorder and therapeutic phase are required
- **Cooper:** pluralistic, integration of dialogical/existential aspects
- **Greenberg:** future oriented, bundle of options, choice and responsibility, no given nature but mental ability to create meaning; importance of existential givens

References existential

Cooper, M. (2003). *Existential therapies*. London: Sage.

Cooper, M. (2003). Between Freedom and Despair: Existential Challenges and Contributions to Person-Centered and Experiential Therapy. *Person-Centered & Experiential Psychotherapies*, 2(1), 43-56.

Swildens, H. (1991). *Prozeßorientierte Gesprächspsychotherapie. Einführung in eine differenzielle Anwendung des klientenzentrierten Ansatzes bei der Behandlung psychischer Erkrankungen*. Köln: GwG.

Interpersonal orientation

- van der Linden, van Kessel, Lietaer
- reason for incongruence: interpersonal level
- exploration of the client's relational patterns is primary (vs. self-exploration)

method:

- non-complementary (“a-social”) responses of therapist
- meta-communication about the client-therapist interaction

goal: corrective emotional-relational experiences

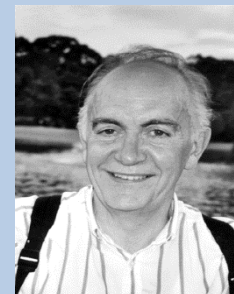
disorder-specific

- mainly in the Netherlands, Belgium, Germany, Austria, Switzerland
- differentiated clinical knowledge & “disorder specific understanding” is thought to be necessary, especially when working with severely disturbed clients → as cornerstone for empathy and UPR

Teusch, Speierer, Binder, Greenberg, also Prouty's Pre-Therapy



Hans Swildens
(*1924)



Jobst Finke
(*1937)

Pre-Therapy

- work with **contact impaired people**
(psychotic, autistic, dissociated, dementia, mentally retarded, brain injury, ...)
= pre-experiencing, pre-expressive

- method: **contact reflections** of concrete client behaviour and his environment:

Word for Word, Facial, Body, Situational, Reiterative Reflections

to develop or restore awareness of phenomenal field (world, self and others) → **contact functions**: reality, affective & communicative contact



Garry Prouty Jill Prouty
(1936-2009)

Pre-Therapy

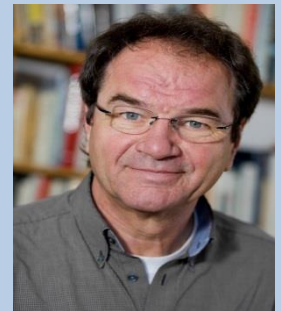
- Prouty, G., Van Werde, D. & Pörtner, M. (1998). *Prä-Therapie*. Stuttgart: Klett-Cotta.
- (2001). *Pre-Therapie*. Maarssen: Elsevier.
 - (2002). *Pre-Therapy*. Ross-on-Wye: PCCS Books.

Creative Therapy

- **Expressive Arts Therapy by Natalie Rogers**
drawing from theory of creativity“ by her father
specific method: “Creative Connection”: dancing,
(Authentic) movement, music, sound, drawing,
painting, journal writing, meditation, ... as
channels of the healing process → intermodal approach
- Liesl Silverstone (England)
- Norbert Groddeck (Germany)
five steps: Felt Sense, “invitation to action”,
reflecting the product, felt shift, transfer



Natalie Rogers
(*1928)



N. Groddeck
(*1946)

Expressive Arts Therapy

- Rogers, N. (2000). *The Creative Connection. Expressive Arts as healing*. Ross-on-Wye: PCCS Books (Orig.: 1993).
- Rogers, N. (2011). *The Creative Connection for groups: Person-centered Expressive Arts for healing and social change*. Palo Alto, CA: Science & Behavior Books.

Focusing-Oriented Therapy

- Experiential therapy
- relationship quality *and* experiencing
- Felt Sense as compass: “whatever is said and done must be checked against the concretely felt experiencing” (= direct reference, implicit, pre-conceptual, intricate) → felt shift
- self as process \neq structure bound
- Listening, Guiding, Response (more than 6 steps-modell)
- process-directivity (Focusing “instructions” = invitations)



Gene Gendlin
(*1926)

Focusing-Oriented Therapy

Gendlin, E. (1978). *Focusing*. New York: Bantam (2003: revised and updated edition).

Gendlin, E. (1996). *Focusing-oriented psychotherapy. A manual of the experiential method*. New York: Guilford.

Emotion Focused Therapy

- elaborated by Leslie Greenberg (drawing from Laura Rice), Robert Elliott, Jeanne Watson (former: process-experiential)
- combination of PC, Gestalt, Focusing, existential
- emotion theories & dialectic constructivism
- emotions are primary (not experiences, as Rogers and Gendlin have assumed): „You can't leave a place before you haven't arrived there“
- primary adaptive vs. maladaptive emotions
- modification (transformation) of emotional schemata
- markers and tasks (process-directive)



Les Greenberg
*1945

Emotion Focused Therapy

Greenberg, L. S. (2011). *Emotion-focused therapy*. Washington, DC: American Psychological Association.

Motivational Interviewing (MI)

- focus is on the motivation for change (“80% Rogers”), clients are always motivated for something (natural process)
- humanistic philosophy
- dealing with ambivalence (change vs. resistance)
- empathic listening → change talk (urgency, ability & commitment for change)
- motivation-centred, change-centred, problem-centred, directive in terms of facilitating change

Miller, W.R. & Rollnick, S. (2002). *Motivational Interviewing. Preparing people for change*. 2nd ed. New York: Guilford.

integrative

- The questions are: what is integrated? How systematically is this done? On what level? Consistent?
- first vs. second order integration: integration of elements of different suborientations, above all person-centred *and* experiential vs. integration of elements of other schools



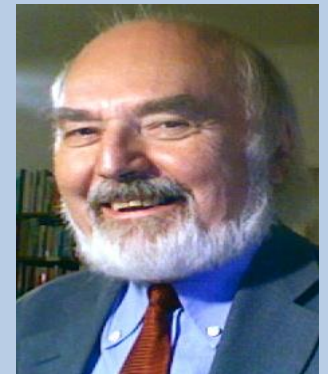
Germain Lietaer
(*1939)



Art Bohart
(*????)



Mick Cooper
(*????)



Wolfgang Keil
(*1937)

integrative

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- Keil, W. W. (2001). Das für Psychotherapie notwendige Erleben. Oder: Personzentrierter und Experienzieller Ansatz gehören zusammen. *Person*, 5(2), 90–97.
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Identity aspects

Lietaer

- focus on the experiencing self
- moment-by-moment empathy
- personal presence
- egalitarian-dialogic stance
- core conditions are crucial
- holistic image of human being
- self-agency & self-actualising
- self-determination & choice
- pro-social nature of humans
- autonomy & interconnected

Schmid

- image of the human being
- fundamental “we”
- client comes first
- therapist is present

Identity aspects

Sanders

- primacy of AT
- core conditions are necessary
- non-directive attitude (at level of content)
- autonomy & self-determination
- equality of therapist and client
- non-directive attitude throughout (also at the process level)
- core conditions are sufficient
- holistic perspective

CCT (e.g. according to Merry)

- AT (metapsychology, motivational theory)
- self, organism (theory of personality)
- conditions of worth, defence, incongruence (theory of disorder)
- core conditions, condition 6, non-directive (theory of therapy)

Impact of pluralism

- Pluralistic stances in theory and practice, heterogeneity and discourse are signs of an elaborated and living approach → fully functioning approach
- Diversity is a counter-position to fundamentalism
- Diversity allows to throw light on person-centred shadows
- There is a wide range of clients & therapists = different types of persons with specific characteristics → advantage of a broad variety of methods is to benefit from different styles
- PCE = a number of tribes that have more or less in common, but enough to fit under one tent! → political perspective → “United we stand, divided we fall”!

Thank you!

Questions?

Comments

Discussion