

# First Day

## Introduction & Humanistic Therapy

Goal: To introduce SHINE and Humanistic Therapy

As the future SHINE, it is important to know who we are. Planning and Training Manuals must be printed out to SHINE T. Trainer must go over these manuals with Trainees and let them build up the identity of SHINE. Trainer may use the presentation that is linked below.

## Theory

### Section 1: Humanistic Therapy - Roots

#### What is Humanistic Therapy?

By the 1960s, some personality psychologists brought up **humanistic theories** viewing the personality with a focus on the potential for healthy personal growth. These humanistic theorists focused on the ways people strive for self determination and self realization. Abraham Maslow and Carl Rogers - two pioneering theorists - offered a perspective that emphasized human potential.

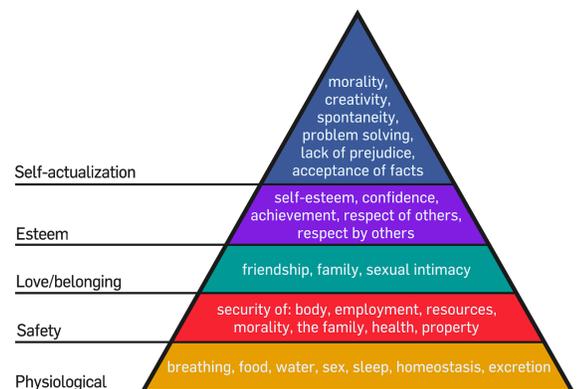
Under the category of humanistic theory, there are three distinctive therapies utilizing different approaches that are influenced by different psychologists

1. Person Centered Therapy
2. Gestalt Therapy
3. Motivational Interviewing

However, in SHINE, we will be only able to use 'Person Centered Therapy'.

#### Abraham Maslow's Self Actualizing Person

Abraham Maslow proposed that we are motivated by a **hierarchy of needs**. Maslow proposed that there are several levels of needs that a person must strive to meet before achieving the highest level of personality fulfillment which is known as **self actualization**. According to Maslow, our anxieties and issues are centered or fixated on a specific need. If we can't able to achieve that need, this is the part where the issues and anxieties begin. However, According to Carl Roger (Humanistic



therapy what we are really focused on), the anxiety comes from dissonance between who we are and who we want. In SHINE, our goal is to make the clients to accept who they are instead of changing them.

People move up the pyramid as they go through their life, gaining wisdom and knowledge of how to handle many different situations. However, regarding to several circumstances, people can move down the pyramid to a lower need. Having achieved self esteem, we ultimately seek **self actualization** and **self transcendence**. Times in a person's life is achieved, at least temporarily. We call this time **peak experience**.

\* **Self Actualization**: one of the ultimate psychological needs that arises after basic physical and psychological needs are met and self esteem is achieved; *the motivation to fulfill one's potential*

\* **Self Transcendence**: meaning, purpose and communion beyond the self

## Maslow's Hierarchy

### **Carl Rogers Person Centered Perspective (Client Centered Therapy)**

Agreeing with Maslow's thinking, Carl Rogers believed that people are basically good and are endowed with self actualizing tendencies unless thwarted by an environment that inhibits growth. Regarding to Roger's **person centered perspective** (client centered perspective), *three conditions* are required for a growth promoting climate.

1. **Genuineness**
2. **Acceptance** → **Unconditional positive regard**
3. **Empathy**

## On Becoming a Person