Carl Rogers’s Core Conditions

- Congruence
- Unconditional Positive Regard
- Accurate Empathy

Congruence refers to having your thoughts, feelings, and behaviors match. Rogers believed that therapists should be honest, somewhat spontaneous, and real. Congruence does not mean interviewers should say whatever they want to say... Some censoring is still needed. It’s very important to examine your motives when it comes to self-disclosure and touch.
Chapter 5 – Evidence-Based Relationships

- Unconditional Positive Regard (UPR) involves a warm regard for the other person as a separate individual worthy of respect
  - It is impossible to do a good job of conveying unconditional positive regard through direct communication
  - UPR is conveyed not so much by what you say, but by how you say it

Chapter 5 – Evidence-Based Relationships

- Accurate Empathy is central to effective interviewing
  - It is a complex concept characterized by an effort to see the world from the client’s perspective
  - It involves thinking, feeling, and experiencing WITH the client

Chapter 5 – Evidence-Based Relationships

- Psychoanalytic and Interpersonal Relationship Concepts
  - Transference
  - Countertransference
  - Identification and internalization
  - Resistance
  - Working alliance
Transference is happening when your client begins to view you in ways similar to how he/she viewed his/her parents or early caregivers.
- Transference is characterized by inappropriateness.
- It is like putting an old map on a new terrain.
- It is a way for us to glimpse a client’s early relationships.

Countertransference (CT) is similar to transference, but involves the interviewing projecting his/her own issues onto the client.
- CT is broadly defined as any reaction you may have to your client.
- Client transference can trigger interviewer CT.
- Freud thought CT was always bad, but contemporary therapists see it as potentially informative.

5 Minute Reflection
- Get with a partner or small group and discuss the concepts of transference and CT.
  Especially discuss the sort of people who are most likely to trigger your CT reactions.
- Report any insights you have back to the class.
Chapter 5 – Evidence-Based Relationships

Identification and Internalization
- Clients may identify with and internalize traits of their parents, caregivers, and therapists
- Conceptually, these concepts are similar to the behavioral concept of modeling

Resistance occurs when clients oppose the intentions of the interviewer or therapist
- This perspective can be seen as blaming the client
- There are many ways to work with resistance and these are covered in chapter 11

The Working Alliance (aka: therapeutic relationship) is the explicit professional contract and the enactment of that contract, in therapy
- The core conditions of Person Centered therapy help facilitate the development of a strong working relationship
Chapter 5 – Evidence-Based Relationships

- Behavioral and Social Psychologists have emphasized that clients respond best to interviewers who display high levels of:
  - Expertness
  - Attractiveness
  - Trustworthiness

- Feminist Relationship Concepts include:
  - Mutuality: This refers to sharing power and working collaboratively
  - Empowerment: This concept includes an emphasis on helping clients regain personal power and decision-making power that they have lost to society or to unhealthy relationships

- Solution-Focused and Constructive Relationship Concepts include:
  - Collaboration, cooperation, and co-construction
  - The client as the primary expert on his/her own life