

Quotes from Carl Rogers 'On Becoming a Person,' in relation to Chapter 2 'How To Be A Bad Therapist' by Nick Totton and Alison Priestman.

Please be aware that Carl Rogers wrote this in 1967 and when talking about a person he uses the pronouns 'He, him and his.' For the best understanding please read the following quotes with which ever pronouns you best identify with.

I understand that when Carl Rogers wrote this, it was a different era, but from what I have learnt of him through his writing, I believe that if he were alive today he would be very aligned and accepting of the progression in society over the last 55 years. As he said himself, his learnings '...are not fixed. They keep changing.'

In this example where Carl Rogers in 1967 exclusively uses the pronouns He, Him, His, it is the best argument for the use of ethics over rules, where ethics are defined in the way Totton and Priestman define them as 'an expression of our deepest personal sense of what constitutes right action,' which supposes that they are moving entities, which keep up to date with what's going on in society and the world.

Theme: Ethics vs rules and regulations'

P23: '*...evaluation by others is not a guide for me.* The judgments of others, while they are to be listened to, and taken account for what they are, can never be a guide for me. This has been a hard thing to learn.'

'...I have come to feel that only one person (at least in my lifetime and perhaps ever), can know whether what I am doing is honest, thorough, open, and sound, or false and defensive and unsound, and I am that person.'

P27: 'Life, at its best, is a flowing, changing process in which nothing is fixed.' '...it is clear that there can be no closed system of beliefs, no unchanging set of principles which I hold. Life is guided by a changing understanding of and interpretation of my experience. It is always in process of becoming.'

Theme: How technique flows from ethics

P12: 'Simply describing these experiences makes me realise how stubbornly I have followed my own course, being relatively unconcerned with the question of whether I was going with my group or not.'

P14/15: '...but the reactions to my ideas continue to surprise me.' '...at different times and places psychologists, counsellors, and educators have been moved to great wrath, scorn and criticism by my views.'

P22 'All of my professional life I have been going in directions which others though were foolish, and about which I have had many doubts myself. But I have never regretted moving in directions which "felt right," even though I have often felt lonely or foolish at the time.'

Theme: 'Being truthful, sincere and genuine with yourself and your client.'

P19/20: 'There is another very important learning which has come to me in my counseling work. I can voice this learning very briefly. *I have found it highly rewarding when I can accept another person.*'

'I have found that to truly accept another person and his feelings is by no means an easy thing...'

'Can I accept him when he views life and its problems in a way quite different from mine?'

'All this is involved in acceptance, and it does not come easy. I believe that it is an increasingly common pattern in our culture for each one of us to believe, "Every other person must feel and think the same as I do." 'We cannot permit our clients or our students to differ from us or to utilise their experience in their own individual ways.'

'Yet it has come to seem to me that this separateness of individuals, the right of each individual to utilise his experience in his own way and to discover his own meanings in it, – this is one of the most priceless potentialities of life. Each person is an island unto himself, in a very sense; and he can only build bridges to other islands if he is first of all willing to be himself and permitted to be himself. So I find that when I can accept another person, which means specifically accepting the feelings and attitudes and beliefs that he has as a real and vital part of him, then I am assisting him to become a person: and there seems to me great value in this.'

P18: 'Our first reaction to most of the statements which we hear from other people is an immediate evaluation or judgment, rather than an understanding of it.' 'Very rarely do we permit ourselves to *understand* precisely what the meaning of the statement is to hi. I believe this is because understanding is risky. If I let myself really understand another person, I might be changed by that understanding.'