

A humanizmus törékenysége

HARDAY ILDIKÓ

*Eötvös Loránd Tudományegyetem, Budapest
Bárczy Gusztáv Gyógypedagógiai Főiskolai Kar
e-mail: silviah77@yahoo.com*

Abstract: The theories proposed by the main precursors and representatives of Humanistic Psychology – like Goldstein, Angyal, Maslow and Rogers – unitary propose that there are forces in human nature which are aspiring to the fulfillment of human values, to constrain the destructive forces and to unfold our inner potentials. Rogers is taking further these ideas, elaborates and confirms the condition- and attitude-system of a facilitating atmosphere necessary for self-acceptance and change. In his theory of self he is arguing that from these ideas the unconditioned positive acceptance - as the caring, positive attitude, love – ensures best the atmosphere necessary for the organismic evaluation, which makes possible also the self-realization. The coincidence of these two constitutes the ideal goal of our personality development: a fully functioning person. In the course of the therapy this attitude-battery ensures the client's safety. Without positive attention there is no emphatic understanding, because we can not enter the client's inner world with judgments and prejudices. The limits of the positive acceptance are reflected in the therapist's congruent behavior.

Keywords: person-centered approach, self-actualizing tendency, enhancing attitudes: congruency, unconditioned positive acceptance, emphatic understanding, intuition, self-concept, need for self acceptance, model of growing, real self concept, reflecting the therapist's attitude