

Existential-Humanistic Approaches

Reading: H & O Chapters 13, 14, & 15

Terms you should know.

Humanistic
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Phenomenological
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Existential
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George Kelly

Personal construct
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Constructive alternativism
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Role Construct Repertory Test
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Carl Rogers

Actualization
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Self-actualization
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Organismic valuing process
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Phenomenological reality
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Phenomenological field
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Self
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Real Self
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Ideal Self
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Positive regard
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Conditions of worth
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Need for self-regard
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Unconditional positive regard
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Introjected values
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Client-centered therapy
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Q-Sort technique
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Abraham Maslow
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Needs hierarchy
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Self-actualization
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Personal Orientation
Inventory
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Concepts you should understand.

1. Kelly's eleven personality corollaries.

2. Kelly's CPC cycle.

actualizing?

7. To what degree do you feel that the humanistic/phenomenological theorists, especially Rogers and Maslow, developed personality theories versus statements of a set of values or ethical code?

8. Compare and contrast the humanistic/phenomenological approach to psychology to the sociobiological psychologists.

My Experiences #6
The Existential-Humanistic Mirror.

Name: _____

1. Maslow listed fifteen characteristics of the Self-actualizing person. These are summarized in this list. Identify two that you feel that you have developed in yourself. State how you see each characteristic. Then identify two that you feel are the most underdeveloped. State why you feel this characteristic may be underdeveloped. Be sure to number the characteristic.

<ol style="list-style-type: none"> 1. Efficient perception of reality. 2. Acceptance of self, others, and nature. 3. Spontaneity, simplicity, and naturalness. 5. Need for privacy. 6. Autonomy. 7. Continued freshness of apperception. 8. Periodic peak or mystic experience. 	<ol style="list-style-type: none"> 9. Social interest, identification with humanity. 10. Limited interpersonal relations. 11. Acceptance of democratic values. 12. Strong ethical sense. 13. Well developed, unhostile sense of humor. 14. Creativity. 15. Nonconforming, resistance to enculturation.
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a. Well developed.

b. Underdeveloped.

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2. Like Jung, Carl Rogers noted that people can have conflicts between the way we want to behave and our sense of the way we ought to behave. For Rogers this was a conflict between our Real Self and Social Self. When have you experienced this sense that you are playing a role that is not really you? What happened, how did you feel?
3. Rogers' felt that we developed a sense of Incongruency when we Introject someone else's values in favor of your own. This can lead to a sense of Threat and Anxiety. When have you ever had this experience? What happened and how did you resolve it?

4. Your personal Rep test.

- a. Fill in the columns as follows.
 - 2. Mother or person who you see as being your mother.
 - 3. Father or person who you see as being your father.
 - 4. Wife or husband or closest person of the opposite gender.
 - 5. Closest friend of your sex.
 - 6. Person you most admire.
 - 7. Person you least admire.
 - 8. A person you know who dislikes you.
 - 9. The teacher who has been most influential on you.
- b. Going across the rows identify the two people who are most similar. Place an S in these two boxes.
- c. Place a D in the third box.
- d. In column 10 use a word or phrase to describe how the similar people are alike.
- e. In column 11, use a word or phrase to describe how the dissimilar person is different from the two similar people.

1. Y o u	2.	3.	4.	5.	6.	7.	8.	9.	10. How are the two similar people alike?	11. How is the dissimilar person different from the other two?

5. What aspects of people did you emphasize?

6. What people are seen as being most different from you?