

Q. Culture the principles of Client-centered therapy and examine its effectiveness. Or Discuss the merits & demerits of non directive therapy. Or Distinguish between directive therapy & non directive therapy. Evaluate the effectiveness of non directive therapy.

Any Introduction Rogers's Client-centered therapy is a reaction against Freudian psycho analysis. It is called a non directive therapy because here the therapist is inactive & has no directing role while the patient remains very active through out the course of therapy. It is called Client centered therapy because here the treatment is done in accordance with the need of the client. Stages followed by therapist

1. Selection of patient. In the first place a selection of the patient is made. Because all patients do not respond favourably to this technique of treatment. (So only suitable patients are being searched out. For this purpose interviews & interview schedules are being performed.

2. In the second place the patient is provided a suitable environment that he may understand his own troubles himself. The therapist does not direct

The therapist holds a mirror where patient can see his own troubles.

(2) (3) In the third stage therapist never comes in after patient's trouble but patient himself understands his own symptoms.

the course of therapy. He does not ask the patient to do or not to do this or that. His task is simply to create such environment which must help the client or the patient to understand his own symptoms.

3) The therapist never comments on the patient's behavior but only helps in the expression of patient's feelings. Finally the patient understands his own hidden causes. In the third place after some time insight occurs in the patient. The patient is able to understand his own symptoms. The therapist does not comment on the behavior of the patient but he helps the client to clarify the client's true feelings about it. Thus the patient is able to understand the hidden causes of his own symptom.

4) The patient understands his problems to get rid of it & become more realistic. In the fourth place the patient is ready to relieve himself of the symptoms. He tries his level best to get rid of his troubles. The therapist may indirectly help the patient in re-strengthening his ego. The patient becomes more self accepting & more congruent with the physical reality.

5) In the last stage the patient breaks his relation with the therapist. He no longer desires the co-operation of the therapist & he is completely able to lead an independent life.

From the above procedures of non-directive therapy it is obvious that there are certain points of differences between directive & non directive therapy.

a) In directive therapy the patient is more inactive & the therapist is more

~~Difficult~~

Indirective therapy, the patient is ~~active~~ inactive. The therapist is ~~active~~ inactive. The patient is ~~active~~ inactive. The therapist is ~~active~~ inactive. (3)

The patient has to act as per direction of the therapist. Of course he is a tool in the hands of the therapist. On the other hand in non directive therapy the patient remains more active & the therapist remains more inactive.

(2) b) In direc. therapy there is lack of willingness on the part of the patient for his treatment. He is rather dragged by others for it. On the other hand in non-direc. therapy the patient is willing for his treatment.

(3) In direc. therapy the highly suggestible patients are needed. So this therapy is more effective for dull patients. On the other hand in non direc. therapy critical & reasonable patients are needed. So this therapy is more effective for intelligent patients.

d) In direc. therapy the patient has no understanding of his own sufferings. He has no insight into the solution of his symptoms. On the other hand in non direc. therapy the patient has or he develops insight into the solution of his symptoms. So he is largely responsible for his own cure.

e) In direc. therapy there is every pressure on the patient from the therapist. Patterns or values are imposed on him. On the other hand in client centered therapy no pressure, no patterns or no values are imposed on the patient.

The ^{best} direc. therapy is based on the principle "doctor knows better than the patient" & in non-direc. is based on the pr. that patient knows his symptoms better than the doctor. ^{therapist} Direc. therapy is based on the principle that "the doctor knows best." Here it is postulated that the therapist knows better than the client. On the other hand non-direc. therapy is based on the pr. that "the person knows himself better than the other." Here it is postulated that the patient knows his symptoms better than the therapists.

Direc. ther. is less difficult because here the patient has to act in accordance with the directions of the therapist. On the other hand in the procedure of non-direc. therapy is more difficult because here the patient has to behave to his own initiatives. It is evident that direc. & non-direc. therapies differ significantly, although the both techniques have the same objective in view.

Merits of non-direc. therapy:-
 1) Non-direc. ther. is a very effective therapeutic method for the treatment of maladjusted people. Actually this technique was developed by Rogers to deal with the maladjusted college students. But later on it was used for the treatment of maladjusted people in cases of marital adjustment problems, in vocational counselling in parent-child relationships & in the mild personality disturbances.

2) Non-direc. therapy is more effective for treatment of intelligent patients.

Such patients cannot be directly treated properly by direc. therapy.

③ Non direc. ther. is more effective because here the patient is eager to be treated by himself. In direc. therapy this eagerness is not observed in the patient & so

④ Non direc. ther. is more effective than direc. therapy.

Non direc. therapy is comparatively more permanent than direc. therapy. Because in non direc. ther. the patient develops insight into the solution of his problems & so he is relieved of his symptoms for a longer period.

⑤ Non direc. therapy does not create any sort of adverse impressions on the patient. The patient's self confidence is not least damaged because no pressure or values are imposed on him from outside. This virtue is lacking in directive therapy. Because here due to external pressure the self confidence of the patient is badly damaged.

⑥ Non direc. therapy is a natural approach to the solution of mental conflicts. Here the patient is permitted to behave in the way he likes within the present situation. This natural atmosphere is

⑦ Non direc. ther. is based on the assumption that each person has an inner development in his own problems & has potentiality for it.

potentiality for growth & maturity. It further assumes that each person can achieve insight in the therapeutic relationship & make constructive use of it.

Demerits :- 1) In spite of certain advantages of the Client centered therapy mentioned above, it has the following disadvantages :-

Disadvantages :- 1) Non direc. therapy is not an effective therapy for the treatment of dull minded patients. Because this therapeutic techniques assumes insight in the patient, which is lacking in the dull minded patient.

2) Non direc. ther. is not useful for the patient's who are excessively dependent persons. Because such patients have no indepen. thinking which is a requisite for non direc. therapy.

3) Non direc. therapy is ineffective for such patients who have difficulty in verbalizing their feelings. In other words such patients who cannot introspect their inner feelings adequately, cannot be properly treated by this method.

4) Non direc. therapy is less effective for psychotic patients. The Schizophrenics & the paranoics can hardly be treated by this method of therapy.

5) This therapeutic method is really a difficult procedure for the treatment of mental illness. Kisker 1982 has also supported it.

remarked "Non direc. therapy is a more difficult procedure than direc. therapy, even though the role of the therapist in non direc. therapy seems less imp."

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This therapy is not suitable for all types of patients because we select the patients (1982) approach is less effective with the more severe disturbances of behavior & personality. Kisker (1982) has concluded "however, the approach is less effective with the more severe disturbances of behavior & personality." Kisker (1982) has also supported it.

Thus we come to a final conclusion that non direc. & therapy has its limited utility or effectiveness & it is successfully applicable to only certain mild disturbances of behavior & personality.

is still not the representative technique to treat all maladjustment.