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## A Way Of Being Carl R Rogers

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Authentic action is what Roger calls "a way of being". This is also the title of Carl Rogers' last book, published in 1980, 7 years before his death, the book I am going to present in this article....

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Like. "When you are in psychological distress and someone really hears you without passing judgement on you, without trying to take responsibility for you, without trying to mold you, it feels damn good!". ? Carl R. Rogers, A Way of Being. tags: being-understood , hearing , listening , relationship , understanding.

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his classic On Becoming a Person.

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A Way of Being was written in the early 1980s, near the end of his distinguished career. Reissued for the centennial of Rogers's birth, this unique collection traces his professional and personal development from the 1960s to the 1980s and ends with a person-centered prophecy in which Rogers calls for a more humane future.

A Way of Being by Rogers, Carl (1980)  
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Author of Client-centered therapy, On Becoming a Person, Freedom to learn, Carl Rogers on encounter groups, Psychotherapy and personality change, Person to person, Psychothérapie et relations humaines, Becoming partners

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Carl Rogers (1959) believed that humans have one basic motive, that is the tendency to self-actualize - i.e., to fulfill one's

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potential and achieve the highest level of 'human-beingness' we can.

Written by the founder of humanistic psychology, Rogers traces his personal and professional life from the 1960s to the 1980s, and offers new insights into client-centered therapy.

A profound and deeply personal collection of essays by renowned psychologist Carl Rogers. The late Carl Rogers, founder of the humanistic psychology movement and father of client-centered therapy, based his life's work on his fundamental belief in the human potential for growth. *A Way of Being* was written in the early 1980s, near the end of his distinguished career, and serves as a coda to his classic *On Becoming a Person*. More philosophical than his earlier writings, it traces his professional and personal development from the 1960s to the 1980s and ends with a prophetic call from Rogers for a more humane future.

Collection of essays by American psychotherapist Carl Rogers written between 1951 and 1961, in which he put forth his ideas about self-esteem, flexibility, respect for self, and acceptance of others.

Active Listening is a short 1957 work by Drs.



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Carl R. Rogers and Richard E. Farson, two influential American psychologists. The work brings the counselling technique of active listening to the layperson, demonstrating how it can be applied to interactions between an employee and employer. Carl R. Rogers (1902-1987) was one of the pioneers of the "client-centered" approach to psychotherapy. He is considered one of the founding fathers of modern psychotherapy research and is widely regarded among others in the field as the most influential psychotherapist of all time - viewed even more highly than Sigmund Freud. Dr. Rogers served as a professor of psychology at the University of Chicago, where he set up the university's counselling and research clinic, the Industrial Relations Center. He wrote many books on psychotherapy, and in later years, travelled the world to bring his theories to areas of great political and social strife like Northern Ireland, South Africa, and Brazil. Richard E. Farson (1926-2017) had already completed his bachelor's and master's degrees when he met Dr. Rogers in 1949. Dr. Rogers invited Farson to continue his studies with him at the University of Chicago. Farson became Dr. Rogers' research assistant while he completed his Ph.D. in psychology and began counselling at the Industrial Relations Center. Dr. Farson held leadership positions in a number of research institutions. He co-founded the Western Behavioral Sciences Institute, where he served as president and CEO. He was later

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appointed as the founding dean of the California Institute of the Arts School of Design and served as president of the Esalen Institute. Drs. Rogers and Farson collaborated on many projects, including 1957's Active Listening. They also led a 16-hour group therapy session that was recorded and released as a film called Journey Into Self. The film won the 1968 Academy Award for Best Documentary. Active Listening describes a method of communication used in counselling and conflict resolution. Rather than serving as a passive participant in a conversation, active listeners take a functional role in helping the speaker to work out their issues. As the speaker shares, the listener repeats back what they've heard in their own words. This both confirms that they've heard the speaker and verifies that they understand. Unlike the way many of us instinctively communicate - trying to get another to see things from our own perspective - active listening requires that we see things from the speaker's perspective. The listener must address not only the meaning of the words, but also the feeling behind them, in order to make the speaker truly feel heard. These feelings can be conveyed through words, tone, volume, body language, and even breathing. This method is not without risks. It can be tempting to lose your sense of self in the practice of sensing the feelings of another person. As Drs. Rogers and Farson put it, "It takes a great

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deal of inner security and courage to be able to risk one's self in understanding another." In contrast to many psychological texts, Active Listening is written for the non-clinician or psychologist. In plain, everyday language, the book explains both the concepts of active listening and how they can be applied to the workplace. Employers who engage in active listening, the book argues, can help employees to become more cooperative, less argumentative, and clearer in their own communication. While the book is written in the context of the employee/employer relationship, the technique can be applied to all relationships in our lives. The concept is still highly influential, and Drs. Rogers and Farson's ideas about client-centered psychology are used in clinical practice today.

The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology, especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the

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psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

2015 Reprint of 1954 Edition. Full facsimile of the original edition. Not reproduced with Optical Recognition Software. Carl Rogers was among the founders of the humanistic approach (or client-centered approach) to psychology. The person-centered approach, his own unique approach to understanding personality and human relationships, found wide application in various domains such as psychotherapy and counseling (client-centered therapy), education (student-centered learning), organizations, and other group settings. These two lectures, first delivered in 1954, comprise the core of his teachings. In 1961 his shorter works would be collected and published as "On Becoming a Person." Contents: Some Hypotheses Regarding the Facilitation of Personal Growth What It Means to Become a Person

As founder of the person-centred approach, Carl Rogers (1902-1987) is arguably the most influential psychologist and psychotherapist of the 20th century. This book provides unique insights into his life and a clear explanation of his major theoretical ideas. This Third Edition is co-authored by Brian Thorne and Pete Sanders, leading person-

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centred practitioners and bestselling authors. Pete Sanders contributes a new chapter on "The Ongoing Influence of Carl Rogers", covering topics such as research, the emerging tribes in person-centred tradition, and its interaction with the medical profession. Brian Thorne draws on his experience of having known and worked with Rogers to beautifully describe the way in which Rogers worked with clients and from that, to draw out the practical implications of what is, in effect, a functional philosophy of human growth and relationships. In the twenty years since the first edition of Carl Rogers appeared, the book has continued to provide an accessible introduction for all practitioners and students of the person-centred approach.

A "scrupulously honest" (O, The Oprah Magazine) debut memoir that explores one man's gender transition amid a pivotal political moment in America. *Becoming a Man* is a "moving narrative [that] illuminates the joy, courage, necessity, and risk-taking of gender transition" (Kirkus Reviews). For fifty years P. Carl lived as a girl and then as a queer woman, building a career, a life, and a loving marriage, yet still waiting to realize himself in full. As Carl embarks on his gender transition, he takes us inside the complex shifts and questions that arise throughout—the alternating moments of arrival and estrangement. He writes intimately about

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how transitioning reconfigures both his own inner experience and his closest bonds—his twenty-year relationship with his wife, Lynette; his already tumultuous relationships with his parents; and seemingly solid friendships that are subtly altered, often painfully and wordlessly. Carl “has written a poignant and candid self-appraisal of life as a ‘work-of-progress’” (Booklist) and blends the remarkable story of his own personal journey with incisive cultural commentary, writing beautifully about gender, power, and inequality in America. His transition occurs amid the rise of the Trump administration and the #MeToo movement—a transition point in America’s own story, when transphobia and toxic masculinity are under fire even as they thrive in the highest halls of power. Carl’s quest to become himself and to reckon with his masculinity mirrors, in many ways, the challenge before the country as a whole, to imagine a society where every member can have a vibrant, livable life. Here, through this brave and deeply personal work, Carl brings an unparalleled new voice to this conversation.

A NEW YORK TIMES NOTABLE BOOK OF 2020 "In this superbly articulate cri de coeur, Safina gives us a new way of looking at the natural world that is radically different."—The Washington Post New York Times bestselling author Carl Safina brings readers close to three non-human cultures—what they do, why

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they do it, and how life is for them. A New York Times Notable Books of 2020 Some believe that culture is strictly a human phenomenon. But this book reveals cultures of other-than-human beings in some of Earth's remaining wild places. It shows how if you're a sperm whale, a scarlet macaw, or a chimpanzee, you too come to understand yourself as an individual within a particular community that does things in specific ways, that has traditions. Alongside genes, culture is a second form of inheritance, passed through generations as pools of learned knowledge. As situations change, social learning—culture—allows behaviors to adjust much faster than genes can adapt. *Becoming Wild* brings readers into intimate proximity with various nonhuman individuals in their free-living communities. It presents a revelatory account of how animals function beyond our usual view. Safina shows that for non-humans and humans alike, culture comprises the answers to the question, "How do we live here?" It unites individuals within a group identity. But cultural groups often seek to avoid, or even be hostile toward, other factions. By showing that this is true across species, Safina illuminates why human cultural tensions remain maddeningly intractable despite the arbitrariness of many of our differences. *Becoming Wild* takes readers behind the curtain of life on Earth, to witness from a new vantage point the most world-saving of

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perceptions: how we are all connected.

Presenting the non-directive and related points of view in counselling and therapy, Rogers gives a clear exposition of procedures by which individuals who are being counselled may be assisted in achieving for themselves new and more effective personality adjustments.

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