

## **Humanistic trend**

### **introduction :**

Humanistic psychology is a psychological perspective that arose in the mid-20th century in answer to two theories: Sigmund Freud's psychoanalytic theory and B. F. Skinner's behaviorism.<sup>[1]</sup> Thus, Abraham Maslow established the need for a "third force" in psychology.<sup>[2]</sup> The school of thought of humanistic psychology gained traction due to key figure Abraham Maslow in the 1950s during the time of the humanistic movement. It was made popular in the 1950s by the process of realizing and expressing one's own capabilities and creativity.

### **1- Origins:**

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One of humanistic psychology's early sources was the work of Carl Rogers, who was strongly influenced by Otto Rank, who broke with Freud in the mid-1920s. Rogers' focus was to ensure that the developmental processes led to healthier, if not more creative, personality functioning. The term 'actualizing tendency' was also coined by Rogers, and was a concept that eventually led Abraham Maslow to study self-actualization as one of the needs of humans. Rogers and Maslow introduced this positive, humanistic psychology in response to what they viewed as the overly pessimistic view of psychoanalysis.

The other sources of inspiration include the philosophies of existentialism and phenomenology.

### **3- Conceptual origins:**

The American psychologist Abraham Maslow, considered one of the leading architects of humanistic psychology, proposed a hierarchy of needs or drives in order of decreasing priority or potency but increasing sophistication: physiological needs, safety, belongingness and love, esteem, and self-actualization. Only when the more primitive needs are met can the individual

progress to higher levels in the hierarchy. People reaching self-actualization will have fully realized their potential.

The concept of the self is a central focal point for most humanistic psychologists. In the “personal construct” theory of American psychologist George Kelly and the “self-centred” theory of American psychotherapist Carl Rogers, individuals are said to perceive the world according to their own experiences. This perception affects their personality and leads them to direct their behaviour to satisfy the needs of the total self. Rogers stressed that, in the development of an individual’s personality, the person strives for “self-actualization (to become oneself), self-maintenance (to keep on being oneself), and self-enhancement (to transcend the status quo).”

Following the writings of Jean-Paul Sartre and other existential philosophers, many humanistic psychologists adopted the existential view of the importance of being and the meaning of life. The various “modes” of being-in-the-world were described by Swiss psychiatrist and early leader of existential psychology Ludwig Binswanger. According to Binswanger, the single mode is the individual who chooses to live within himself, the loner. The dual mode occurs when two people unite in feeling for each other. Thus, “You” and “I” become “We.” The plural mode occurs when an individual interacts with others. Finally, the mode of anonymity occurs when an individual loses himself in a crowd or disassociates his feelings from others. American existential psychologist Rollo May emphasized humans as beings who do the experiencing and to whom the experiences happen. To May, the awareness of one’s own mortality makes vitality and passion possible.

Humanistic psychology emerged as the **third force** in psychology after psychodynamic and behaviourist psychology. **Humanistic psychology** holds *a hopeful, constructive view of human beings and of their substantial capacity to be self-determining*. This wave of psychology is guided by a conviction that

intentionality and ethical values are the key psychological forces determining human behaviour. Humanistic psychologists strive to enhance the human qualities of choice, creativity, the interaction of the body, mind, and spirit, and the capacity to become more aware, free, responsible, life-affirming, and trustworthy.

#### **4-types of therapy :**

**Client-centred therapy** provides a supportive environment in which clients can re-establish their true identity. Central to this thinking is the idea that the world is judgmental, and many people fear that if they share with the world their true identity, it would judge them relentlessly. People tend to suppress their beliefs, values, or opinions because they are not supported, not socially acceptable, or negatively judged. To re-establish a client's true identity, the therapist relies on the techniques of unconditional positive regard and empathy. These two techniques are central to client-centred therapy because they build trust between the client and therapist by creating a nonjudgmental and supportive environment for the client.

**Existential therapy** contrasts the psychoanalysts' focus on the self and focuses instead on "man in the world." The counsellor and the client may reflect on how the client has answered life's questions in the past, but attention ultimately emphasizes the choices to be made in the present and future and enabling a new freedom and responsibility to act. By accepting limitations and mortality, a client can overcome anxieties and instead view life as moments in which he or she is fundamentally free.

**Gestalt therapy** focuses on the skills and techniques that permit an individual to be more aware of their feelings. According to this approach, it is much more important to understand what patients are feeling and how they are feeling rather than to identify what is causing their feelings. Supporters of gestalt therapy argued that earlier theories spent an unnecessary amount of time making assumptions about what causes behaviour. Instead, gestalt therapy focuses on the here and now.