Psychology

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1. Carl Rogers and Albert Ellis worked with the same client, Gloria, using two different approaches. In my opinion, both the psychologists tried to handle the issue in the most appropriate manner and to their best understanding. Carl Rogers focused on resolving the concerns of the client using the person-centered approach, while the other psychologist, Albert Ellis, used the CBT method or approach to cater to her concerns. Albert Ellis’s approach is also known as cognitive therapy. The method adopted by Carl Roger focuses on the personal development and improvement of the person by using the values of empathy, self-consciousness, and self-reliance, whereas Ellis focuses more on the modification of emotions and behaviors on the basis of the Rational Emotional Behavioral Therapy (REBT). I notice a clear difference in both the videos that Carl Rogers laid more stress over the positive attitude towards life, where Albert Ellis divided the case into rational and irrational groups.
2. Carl Rogers, one of the most famous psychologists in the history of the United States of America, handled the issue of his client Gloria, in a very professional and authenticated manner. He used the methods of client-centered or person-centered approaches to address the psychological issues being faced with the client and based his therapeutic session on the three core values of the person-centered therapy; unconditional positive regard, genuineness, and empathy. He formed the opinion that these three conditions are sufficient and in fact very much necessary to bring therapeutic change.

During the session with Gloria, Dr. Rogers used non-expert phrases like, "I sure wish I could give you the answer", "I'd be glad to know whatever…." And "I'm not sure….” The use of such phrases indicates the genuineness of the intentions of the relation to Gloria. Moreover, the psychologist's allowance of the client to be an expert of her own life exhibits the communicated positive regard towards the client.