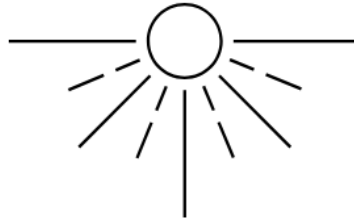




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is Rogerian therapy?

Understand person-centered counseling and the role of being heard.



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A little clarity.

Understand the topic. Find words for your questions.

What changes when someone listens without rushing to tell you who to be? That question sits close to the heart of person-centered counseling.

1 Two names for the approach

Rogerian therapy is commonly called person-centered or client-centered therapy. Developed by Carl Rogers, it emphasizes empathy, honesty in the helping relationship, and respect for the client as a person.

2 The client helps set the direction

You are encouraged to explore what matters to you. The therapist works to understand your perspective rather than simply giving instructions. This does not mean there are no professional boundaries or clinical responsibilities.

3 Ask how the work fits your needs

A provider may use person-centered principles on their own or combine them with other methods. Ask how they respond when someone wants more structure, skills, or a specific treatment plan.

Research & perspective

British Association for Counselling and Psychotherapy describes the approach and what sessions can involve. Evidence and suitability depend on the concern and the actual therapy provided; respectful listening alone is not a promise that every clinical need is covered.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What do I wish someone would understand before giving advice?

2 How comfortable am I setting the topic in a session?

3 Do I want more space to explore, more structure, or both?

One next step

Ask a therapist to describe an ordinary session. Notice whether the explanation matches the kind of support you want.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ How do you practice person-centered therapy?
- ☐ How do we set goals and review progress?
- ☐ What happens if I need a more structured approach?

Listen with curiosity

[Explore The Holistic Counselor Podcast episode archive](#)

No dedicated episode selection is included in this guide. Search the archive by topic or guest.

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[British Association for Counselling and Psychotherapy: Person-centered counseling](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

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