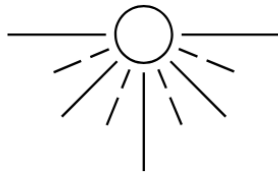


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Person-Centered Therapy

Understanding Rogerian counseling and the
experience of being heard.

READ / LISTEN / REFLECT

Diana S. Rice

LMHC, CIMHP, QS

FROM THE MIC TO THE COMMUNITY

EXPLORING THERAPY

Begin where you are.

Being heard can make room for thoughts you have not yet put into words. Person-centered counseling pays close attention to the helping relationship and to understanding your experience from your perspective.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 110

Curiosity and reflection with Anna Green

Diana and Anna Green discuss curiosity and respect, including a reference to Carl Rogers. This broader conversation complements the introduction here.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

EXPLORING THERAPY

Understanding the topic

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.

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.

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 and 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; a conversation about your needs helps determine whether additional structure or another approach would be useful.

What if I want more structure or something to practice?

That preference is worth sharing. Ask how you will agree on goals, review progress, and make room for practical work. Some clinicians combine person-centered principles with other approaches. Their explanation can help you decide whether the way they work fits what you need.

EXPLORING THERAPY

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

What do I wish someone would understand before giving advice?

How comfortable am I setting the topic in a session?

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

Questions for a conversation

How do you practice person-centered therapy?

How do we set goals and review progress?

What happens if I need a more structured approach?

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

EXPLORING THERAPY

Keep learning. Find support.

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

1. British Association for Counselling and Psychotherapy: Person-centered counseling

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

If you need urgent emotional support in the U.S. or its territories, the 988 Suicide & Crisis Lifeline offers phone, text, and chat support. For immediate danger or a medical emergency, use your local emergency number (911 in the U.S.). Elsewhere, contact a crisis service in your country. The podcast and its messages are not monitored for urgent care.

988lifeline.org/chat/

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