

STATEMENT OF PURPOSE

We are a person-centered community in the Rochester area and are comprised of...

1. Counselors, psychotherapists, clinical psychologists, faculty, administrators, students, and others with a professional interest in counseling and psychotherapy. We recognize that the person-centered approach has applications to many other fields, but believe this group can be most effective in achieving its goals (see below) if its members have a common professional focus.
2. Who believe that the core conditions that Carl Rogers described of congruence, empathy and unconditional positive regard are extremely important, and often sufficient conditions for effective counseling and psychotherapy and therefore strive to embody these conditions in their own counseling and therapy practice wherever possible. [We recognize that some job descriptions impose limitations on a professional's ability to use the person-centered approach.]
3. Who honor the autonomy of the client and therefore tend to avoid advice, suggestion, or other directive methods for influencing client's choices and outcomes.
4. Who recognize the value of the core conditions in other areas of life, both professional and personal, and therefore attempt to live the core conditions in many roles and relationships.

We understand that many client-centered or person-centered professionals believe that, to be consistent with the core conditions, counselors and psychotherapists will rely exclusively on the core conditions, for the therapeutic relationship. These therapists' will primarily use empathic listening in their practice and avoid other techniques for influencing the therapeutic process. Others professionals believe that it is possible to utilize other techniques for influencing the therapeutic process (for example, focusing, process-experiential methods, creative arts, values clarifying questions, etc.) while still being primarily person-centered, including a major use of empathic listening. Both positions are welcome in our person-centered community; we do not insist that one be exclusively person-centered, provided that the core conditions and the client's autonomy are central principles in one's thinking and/or practice

If you fit these descriptors, please consider joining the Rochester Area Person-Centered Professional Community. We envision the initial goals of the group to be:

1. To provide a professional network and supportive environment to the members as we seek to better understand and utilize a person-centered approach in our various professional settings.
2. To help spread the person-centered approach in the Rochester area and beyond.