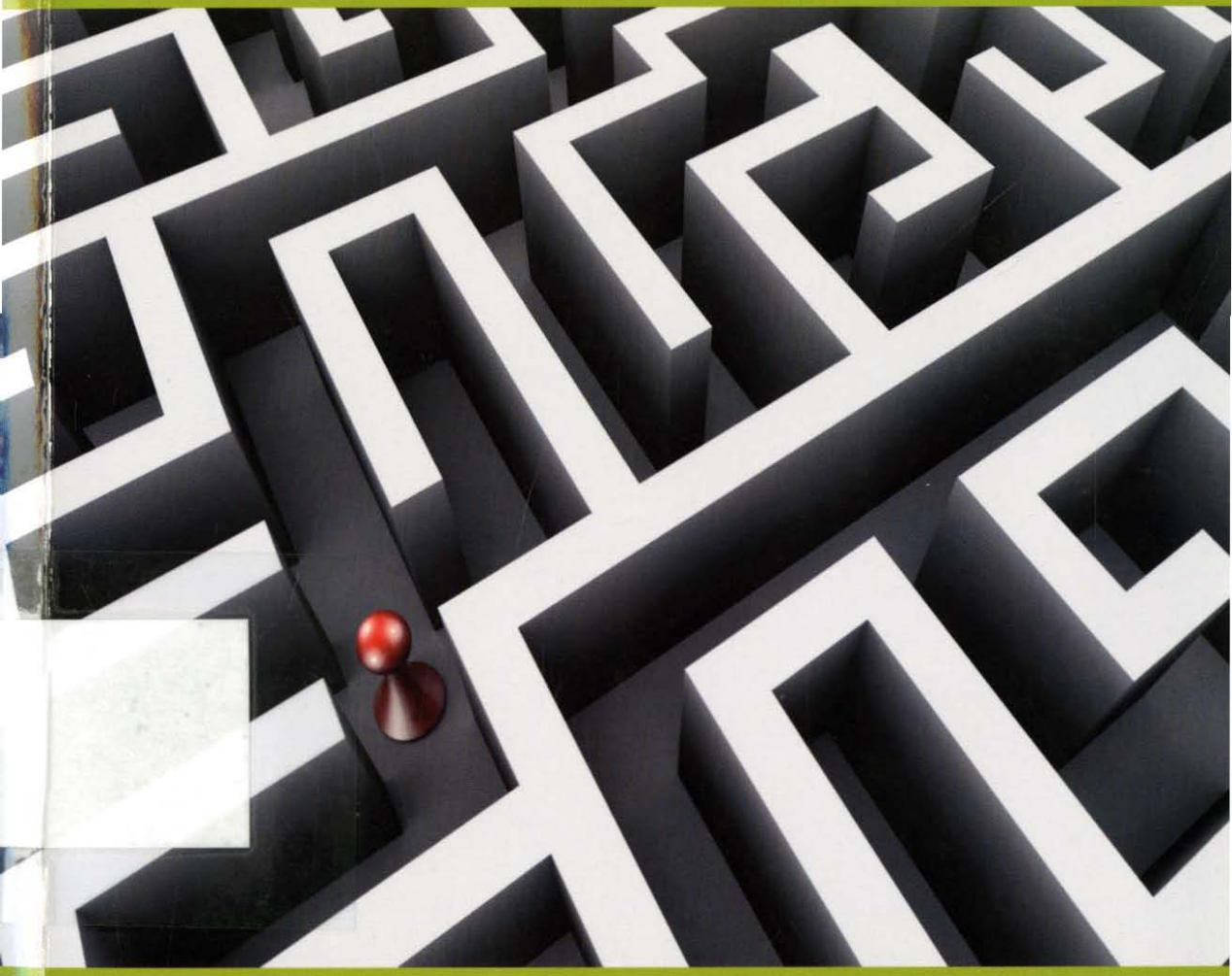
PSYCHOLOGY IN MALAYSIA

Current Research and Future Directions

Noraini M. Noor
Mariam Adawiah Dzulkifli



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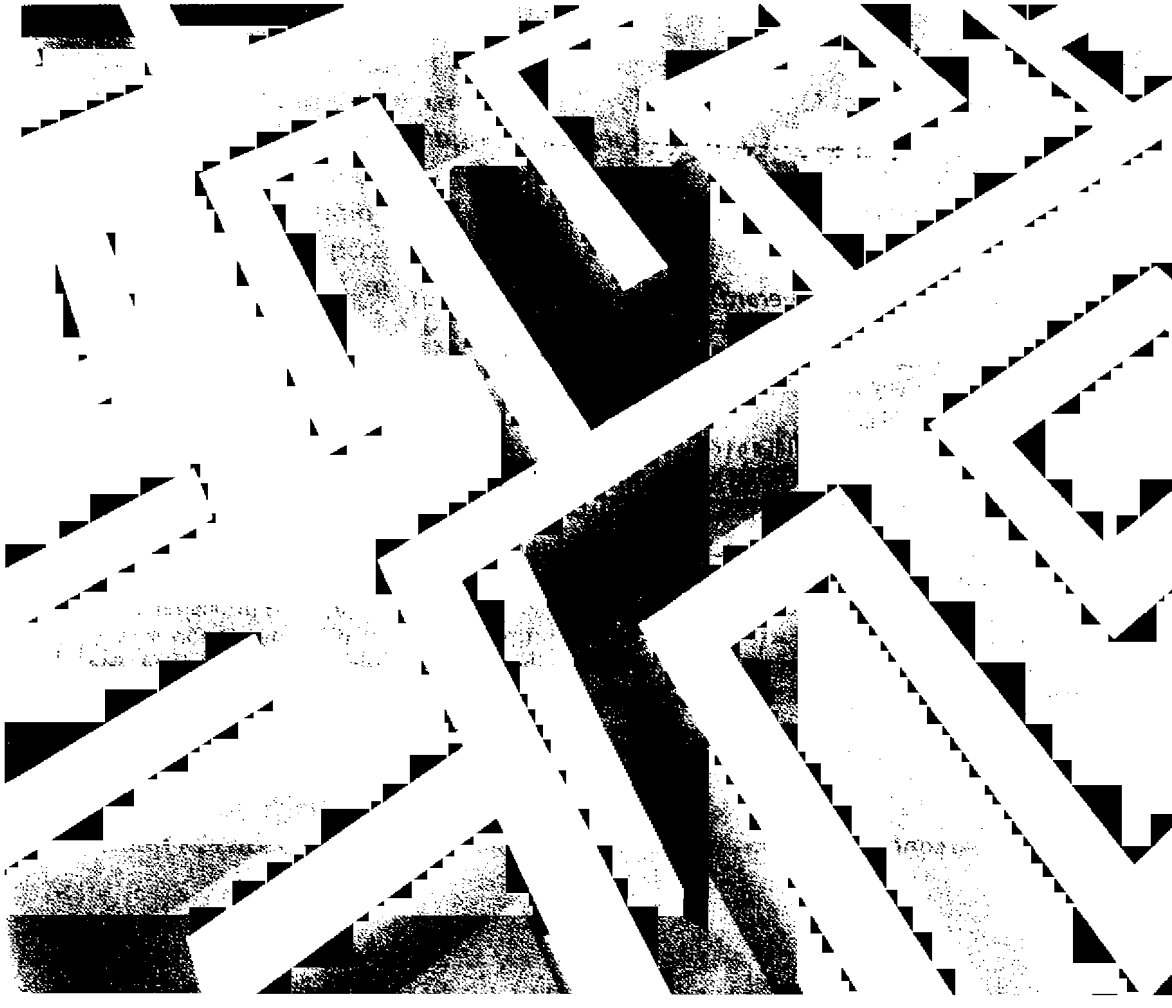

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Noraini M. Noor

Person-centred Approach to Counselling: Indicators of Personal Growth Experienced by Malay Clients

Mardiana Mohamad &
Asnarulkhadi Abu-Samah

Introduction

Person-centred approach to counselling was developed by Carl Rogers (1902–1987) in the United States based on the principles of humanistic psychology. Humanistic psychology emphasises the present experience and the essential worth of a whole person; promotes creativity, free choice and spontaneity; and fosters the belief that people can solve their own problems. As the proponent of the humanistic tradition, the person-centred approach stresses on the unique capacity of each individual to self-realisation and personal growth. As a result, the approach focuses more on human creativity, authenticity and internal locus of evaluation with a belief in the uniquely human aspects of experience, including personal choices, interpersonal relationships, intentions, purposes and transcendental or spiritual experiences, instead of stressing on efforts to change the individual personality and behaviour through the intervention of an expert therapist.

From the beginning of its development, the person-centred approach has been applied to a range of clients; normal, neurotics and psychotics (Farber, Brink, & Raskin, 1996). The generality of application of the person-centred approach has been supported by the fact that it has been utilised for a wide