

Eine Veranstaltung des Instituts für Personzentrierte Studien der APG
in Zusammenarbeit mit der Sigmund Freud PrivatUniversität Wien

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“The facts are friendly” (C. Rogers)
Essential Research Findings

Der aktuelle Stand der Forschung zur Personzentrierten Psychotherapie

How effective is person-centered and experiential therapy? Are the core conditions necessary and sufficient? Which aspects of person-centered and experiential therapy are most important for client change?

This lecture will present a contemporary, critical review of the evidence for person-centered and experiential approaches to counseling and psychotherapy. It will draw on evidence from recent meta-analyses, studies of the links between relational factors and outcomes, and qualitative evidence.

Based on this research, the presentation will argue that there is good evidence to show that person-centered and experiential approaches are as effective as others for a range of psychological problems. However, the lecture will then go on to ask the question: 'Why don't person-centered and experiential approaches appear to be MORE effective?' Drawing on the 'active client' work of Bohart and others, the paper will argue that motivated and engaged clients can get much from many different forms of therapy, and that an assumption of superior effectiveness for person-centered and experiential approaches over-emphasizes the role of therapists in determining outcomes, as well as undermining the importance of individual differences in clients. Drawing on the evidence, the lecture will also go on to discuss the kinds of clients that may do best in person-centered and experiential therapies.

Vortrag in englischer Sprache.

Diskussion in Englisch und Deutsch (Prof. Cooper versteht Deutsch)

Ort: SFU, Wien 3., Schnirchgasse 9a

Zeit: Donnerstag 15. April 2010, 20.00 h