

The evolution of psychotherapy as personal development: A brief snapshot

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The shift from seeing a person as 'sick' or having a pathology, toward seeing each person as well and whole and seeking a richer life, is crucial in understanding the evolution of counselling and psychotherapy to also include personal development. Personal development can be defined in terms of self awareness and change and that these changes will influence the whole person.

The background for modern day personal development approaches began primarily with Carl Jung and Alfred Adler. Adler saw himself as a personal educator and each person was regarded as the creator and artist of their own life. He often involved his clients in goal setting, life planning, and inventing their future.

Jung also believed in a future orientation or teleological belief that we can create our futures through visioning and purposeful living.

Carl Rogers wrote *Counselling and Psychotherapy* (1942), *Client-Centred Therapy* (1951) and *'On Becoming a Person'* (1961). The client-centred approach was considered revolutionary in relation to the previously existent Freudian psychoanalytic concepts and spread rapidly, especially in educational circles, as well as in the helping professions and areas of personal development.

This approach shifted counselling and therapy to a relationship in which the client was assumed to have the ability to change and grow through a therapeutic alliance. This alliance developed as a safe, confidential space, giving the client unconditional positive regard.

Abraham Maslow researched, questioned and observed people living with a sense of vitality and purpose and who were seeking to grow psychologically, to achieve more of their human potential. He wrote *'Toward a Psychology of Being'* (1968), viewing human beings as naturally health-seeking, and if obstacles to personal growth are removed, they will naturally pursue self-actualization, playfulness, curiosity, and creativity.

With today's rapid pace of change, difficulty in sustaining relationships, and a desire to find and live a purposeful life, there is a fundamental shift of consciousness occurring in how and why people seek support, with possibly a greater

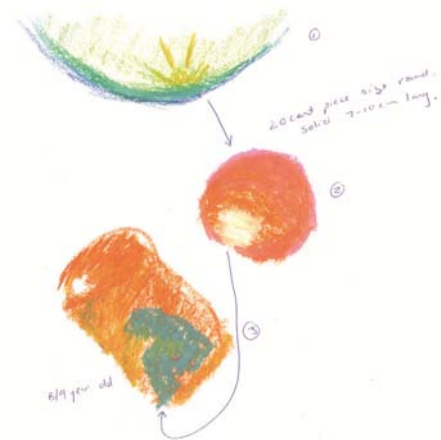
need for connection with a mentor, coach, guide, counsellor or companion on their journey.

Psychophonetics, along with the humanistic, existential, transpersonal and expression-based modalities, are motivated by a healthy drive for transformation, initiation, and personal development, and for the evolution of consciousness.



Chapter 10, p174

Fig.14: Tally D5 – a stuck in-between place



Chapter 12, p202

Fig.21: Client 4 (D3) – Interacting forces

