

PERSON-CENTERED THERAPY

A GUIDE FOR YOU

The Core Beliefs of the
Humanistic Approach

What You Can Expect
from Me

How This Benefits
You

The Core Beliefs of the Humanistic Approach

The core essence of the humanistic approach that person centred counselling takes is that together, through the therapeutic relationship, we create the right environment and conditions for you to safely explore the totality of who you are, and how to grow into who you are capable of becoming, however you want that to look.

At its heart, person-centred counselling is built on trust.

Trust in the individual's capacity to grow. Trust in the therapeutic relationship as the catalyst. Trust that the most meaningful answers come from within you, the individual.

You have inner wisdom.

You have within you, the potential to grow. The answers are there, the ability to heal wounds from your past is there, the mechanisms to move through what has been blocking you is there.

We grow in the right environment.

Just like a plant needs sunlight, water, and safety to grow, humans need the right emotional environment: one of warmth, understanding, and acceptance. When you receive these, you will naturally grow, not by force, but because growth is in our inherent nature of being human.

You are the expert on your own life.

This is a process of building autonomy and empowerment, not looking to someone outside of ourselves for validation, guidance or advice. Gaining the ability to trust yourself, your emotions and to make decisions that are in your best interest long term is the aim of the game.

What You Can Expect From Me

Here's how that essence is offered to you:

Unconditional Positive Regard

In this space, you are accepted fully, without judgment, without conditions, and without needing to prove yourself. It means that you don't have to be perfect, that you don't have to hide the parts of yourself you feel ashamed of, and that you don't have to perform or please. You are welcomed **exactly as you are**, messy, confused, hurting, unsure, strong, tired, curious... all of it.

In our sessions, I hold the belief that **you are worthy of respect, care, and compassion simply because you exist**. Not because of what you've done (or haven't done), or who you think you should be.

Why It Matters- Many of us grow up learning that love or acceptance must be earned, that we have to behave a certain way or hide our feelings to be "enough." But healing doesn't happen in pressure or perfection. It happens in **safety, gentleness, and being truly seen without conditions**. Unconditional positive regard creates the foundation for that kind of healing.

Empathy

Empathy is the deep, human act of stepping into your world and feeling *with* you. Empathy isn't about fixing, solving, or analysing. It's about being fully present with your experience, and seeing the world through your eyes. You don't have to explain everything perfectly. You don't have to filter what you say. My intention is to meet you where you are and walk with you from there.

Why It Matters- Many of us go through life feeling misunderstood, dismissed, or told to "get over it." But empathy offers something different. It says: *"I believe you."* *"Your feelings make sense."* *"You don't have to go through this alone."* When someone really gets how something feels, without judgement or trying to change it, it creates the kind of safety where healing can begin.

Congruence

Congruence means that I show up as my *real* self in the room with you, not hiding behind a professional mask, not pretending I know more about you, than you. It means I'm genuine, honest, and emotionally present with you. The person you meet in session is who I truly am. I won't pretend to be distant or perfect. If something you say moves me, I'll be human about it. If I don't understand something, I'll say so with care and curiosity. That kind of honesty enables trust and it shows you that you don't need to wear a mask either.

Why Congruence Matters- So many of us have been in relationships where people weren't honest, or where we couldn't tell what was really going on underneath the surface. In this space, you won't be met with a blank face or a scripted response. You'll be met by a real person who is right here with you, emotionally, openly, and sincerely. When I'm honest and present, it helps you feel safe to be the same. And *that's where real connection happens*.

These are not "techniques", they are *ways of being*.

How This Benefits You

How this benefits you

When offered consistently, we can create a therapeutic environment where you can:

- Drop your defences, and build healthy boundaries
- Hear yourself more clearly,
- Access inner wisdom,
- And move toward self-acceptance, clarity, and change, **at your own pace.**

We start out by building safety and understanding. The beginning is about introductions, understanding why you came, and gathering background (history, goals, challenges). You may feel nervous, uncertain, or relieved to finally talk. Your trust in the therapist starts to build. Then exploration and awareness happen, you talk through your experiences, feelings, and thoughts. You'll begin to notice patterns, connections, or root causes you hadn't seen before. Awareness can bring relief, but sometimes also discomfort. Shifts start to happen and new ways of thinking, feeling, and behaving both in sessions and in daily life come to life. Change starts to feel possible and is seen in normal life. Confidence grows as you see changes like improved relationships, reduced symptoms, better coping, new ways of behaving.

The therapeutic relationship itself often matters more than the specific techniques used. Feeling accepted, listened to, and not judged creates a safe space where we can open up about things we might never share elsewhere. This safety reduces shame and isolation which are huge contributors to our anxieties and pain. If you have been hurt, dismissed, or abandoned in the past, the practitioner provides a different kind of relationship: reliable, caring, and consistent. This literally “rewires” expectations about relationships and builds healthier attachment patterns. Human connection calms the nervous system. Through tone of voice, body language, and presence, the practitioner helps the individual to regulate emotions, **making it easier to face difficult feelings.** With trust in place, we are more willing to explore painful memories, challenge unhelpful beliefs, and try new behaviours. Over time, we transfer the relational skills learned in therapy (like setting boundaries, expressing needs, or tolerating vulnerability) into other relationships.

Human connection in therapy provides safety, healing, and a relational “template” for healthier living. It's not just *talk*, **the relationship itself is medicine.**