



# Lessons in Positive Psychology from Carl Rogers' Person-Centered Approach

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## DESCRIPTION

It was in the last part of the 1980's that I previously became keen on what later became known as certain brain research. I was finishing my doctorate research in the brain science of injury. An unforeseen finding was that numerous survivors revealed positive changes in viewpoint. However, there was minimal written in the standard writing about this. I needed to track down a language with which to approach my perceptions. In the same way as other, I had concentrated on humanistic brain research momentarily in my undergrad studies, yet not such that I figured out its profundity and lavishness, so it came as a disclosure to me when I found that similar scholarly difficulties I was presently wrestling with, had been handled many years prior. In particular, I started to perceive how Carl Rogers' individual focused hypothesis of character advancement could be applied to understanding how individuals develop following difficulty. All through the 1990's, I concentrated on Rogers' thoughts coming to understand that what he and his partners had accomplished from the 1950's onwards had offered another worldview for the mental sciences, one that zeroed in on the best way to advance human prospering. Accordingly, when I previously experienced positive brain science in the mid 2000's, my underlying response was to excuse it as it appeared to offer the same old thing, yet I additionally saw the energy of my understudies for positive brain science, and that positive brain science was prevailing with regards to achieving thoughts prosperity back into standard mindfulness when individual focused brain science appeared to be attempting to do as such. I could see that individual focused brain science was not contrary with being keen on certain brain science, so I started to consider myself an individual focused positive clinician. For the beyond twenty years I have looked to construct spans

among humanistic and positive brain science, to bring the individual focused way to deal with my work on posttraumatic development and validness, and to present the defense that the individual focused approach is a type of positive psychology.

In this article I need to expound on what I mean when I say that the individual focused approach is a type of positive brain science. My point is to situate the individual focused approach as a component of contemporary positive brain science, as well as it being essential for the humanistic brain science custom. Carl Rogers, the organizer behind the individual focused approach, was one of the trailblazers of humanistic brain research. Accordingly, the individual focused approach is frequently connected with humanistic brain research. While the connection among humanistic and positive brain research has been argumentative previously, it is presently broadly acknowledged that positive brain research has to a great extent continued in the strides of humanistic brain research. Along these lines, individual focused brain science should be visible as a verifiable precursor to positive brain research, however what I need to show is that it isn't simply a part of exploration, grant, and practice from an earlier time one has proceeded and created throughout the course of recent years, that currently sits easily under the more extensive umbrella of positive psychology. I might want to welcome perusers of this exceptional issue to turn out to be all the more completely familiar with individual focused brain research and to consider its viewpoint on being a positive clinician. I will give a short outline of positive brain science with regards to humanistic brain science, trailed by a conversation of the individual focused approach and how it offers an unmistakable perspective on human instinct, lastly, reflections on my vision for a more individual focused positive brain research. So, the

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individual focused positive clinician would look not at ways of changing individuals but rather at how to change their social climate. I will show that considering the impact of the social climate as the resources to work with self-improvement would mean a step in the right direction for positive brain research toward a path away from its individualistic and medicalized center and would advance cross-treatment between sure brain research and humanistic brain science.

In suggesting this viewpoint I'm repeating and creating Linley and Joseph's decision in their book positive brain research by and by that there is a need to foster a hypothetical starting

point for positive brain research that offers an unmistakable, reasonable, and predictable vision of human instinct, and how the plan for the act of positive brain research unavoidably emerges out of its vision. Talking by and by, my vision would be for a more individual focused positive brain science.