

=Carl Rogers=

Carl Rogers was an American psychologist and one of the founders of the humanistic approach to psychology. He is best known for his development of client-centered therapy, also known as person-centered therapy.

Rogers believed that individuals have an innate tendency to self-actualize, or fulfill their potential, and that the therapeutic relationship is a crucial aspect of the healing process. He emphasized the importance of empathy, congruence, and unconditional positive regard in the therapeutic relationship, and his approach has been widely influential in the field of psychology.

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