

## Humanistic Therapy HW

Read pgs. 689 (bottom) – 692 (top) and complete the following:

1. Identify the 4 general characteristics of the Humanistic approach to therapy.
2. Identify and briefly define the 3 techniques used in Person-Centered Therapy.
3. How do the Gestalt techniques of Frederick Perls differ from the techniques of client-centered therapy?
4. In a paragraph, respond to this question: Would you rather have a person-centered or Gestalt therapist? Why?
5. You don't need to write this down, but please think of a problem that you are trying to solve, or a question you are trying to answer, in your life, that you wouldn't mind discussing with someone else in the class. Think of Gloria – her problem or question was, should I share the truth about my sex life to my 9-year old daughter? Yours does not have to be this revealing, but I want some sort of question or problem that you have been struggling with, perhaps for awhile. A few examples:
  - Trying to decide between two or more career paths.
  - Trying to decide whether or not to continue a particular extracurricular.
  - Trying to decide whether or not to take or drop a particular class.
  - Trying to decide whether or not to take action on something or someone that has been particularly bothersome and/or problematic for you.
    - o With a friend, or teacher, or coach, or sibling, or parent, etc.

These are just a few examples – don't feel limited by them! Just have something for class tomorrow!