



Client centered therapy worksheet

A client centered therapist must possess these three qualities to be able to provide such conditions to the client where they can be empowered to resolve their issues. Review your notes or listen to your session recordings and comment on the areas you need to work on.		
<u>Congruence/Genuineness</u>	<u>Unconditional Positive Regard</u>	<u>Empathic understanding</u>
<ul style="list-style-type: none"> ❖ The therapist is congruent to the client ❖ They are authentic and genuine ❖ They feel comfortable being open with the client ❖ They express their feelings and attitudes, both positive and negative ❖ They communicate honestly ❖ They do not maintain a blank 'facade' unlike in psychoanalysis 	<ul style="list-style-type: none"> ❖ The therapist accepts the client for who they are. ❖ They extend support and care without being judgmental about the client's feelings, thoughts and behaviors ❖ <i>'I accept you as you are'</i> attitude ❖ Client feels valued and does not need to worry about therapist's acceptance ❖ Recognition of clients right to have feelings 	<ul style="list-style-type: none"> ❖ Ability to view the world from the client's perspective ❖ Accurate understanding of client's feelings without getting lost in them ❖ Help communicate what client already knows but also give meaning to their experiences so that they can view them differently ❖ Deep and subjective understanding not just an evaluative understanding ❖ Experience the world in the present as the client sees it ❖ Mirror client's situation so that they can gain insight into their situation to arrive at solutions
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References

[De Sousa, A. \(2014\). Client Centered Therapy. *Indian Journal of Applied Research*. 4\(2\), 10–13. ISSN - 2249-555X](#)

[Rogers, C. R. \(1951\). *Client-centered therapy: its current practice, implications, and theory*. Houghton Mifflin.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.