

Rogers - The Humanistic Perspective

Rogers

- Focuses on the **higher motivation of humans**
- Individual subjective experience. How the individual perceives the world.
- Personal Agency - Individuals are motivated to achieve personal growth. Fulfil potential. Freewill
- Personal Growth - Awareness of feelings, motivations, informed choices and fulfil potential
- Holistic Approach - Looks at whole person, not just one part. E.g., memory.
- Introspective data - understand the individual in depth. Allows you to look at feelings and emotions
- Objective observation is impossible as we are selective in what we observe
- Generalization is impossible, as no 2 social situations are identical.

Criticism:

- Not scientific
- Not testable
- Vague