**How the Person-centred Approach Relates to You and Your use of Counselling Skills**

**Please write at least 200 words on how the person-centred approach relates to you and your use of counselling skills.**

I believe that the empathy, acceptance and non-judgmental attitude toward other human beings is very important. The person-centred therapeutic approach stays close to me because it seems to me that it is a very natural way of helping, without enforcing any theory (or judgment) on the other person. Also, similarly to Carl Rogers, I believe that human beings have an innate tendency to find fulfilment of their own personal potential and to recognise their own capacity for self-healing and personal growth. The counselling environment can lead to the experience that can facilitate this potential for change that occurs during the therapeutic process.

I consider myself as a very empathic and genuine person. I believe that the person-centred counselling is one of the most effective way of helping others. I wrote a Dissertation - for my Psychology with Sociology BSc (Hons) degree - where I was investigating the common factors of psychotherapy outcomes. My findings confirmed my beliefs about the importance of the core conditions. I found that the common factors of psychotherapies are perhaps more important than the methods purposely employed. Although, the technical procedures may interfere with the outcome, therapist empathy, warmth and acceptance account for the mass of outcome variance. These qualities depend on the therapist; suggesting that effective therapy involves not only what therapist do, but who they are (the way of being).

My interests in meditation, self-awareness and self-development have also some relation to the person-centred approach, because the ability to help others and to effectively use counselling skills the maintenance of our own mental health is important.