



用AI輔導青年？

來自Carl Rogers的啟示

To Siu Ming

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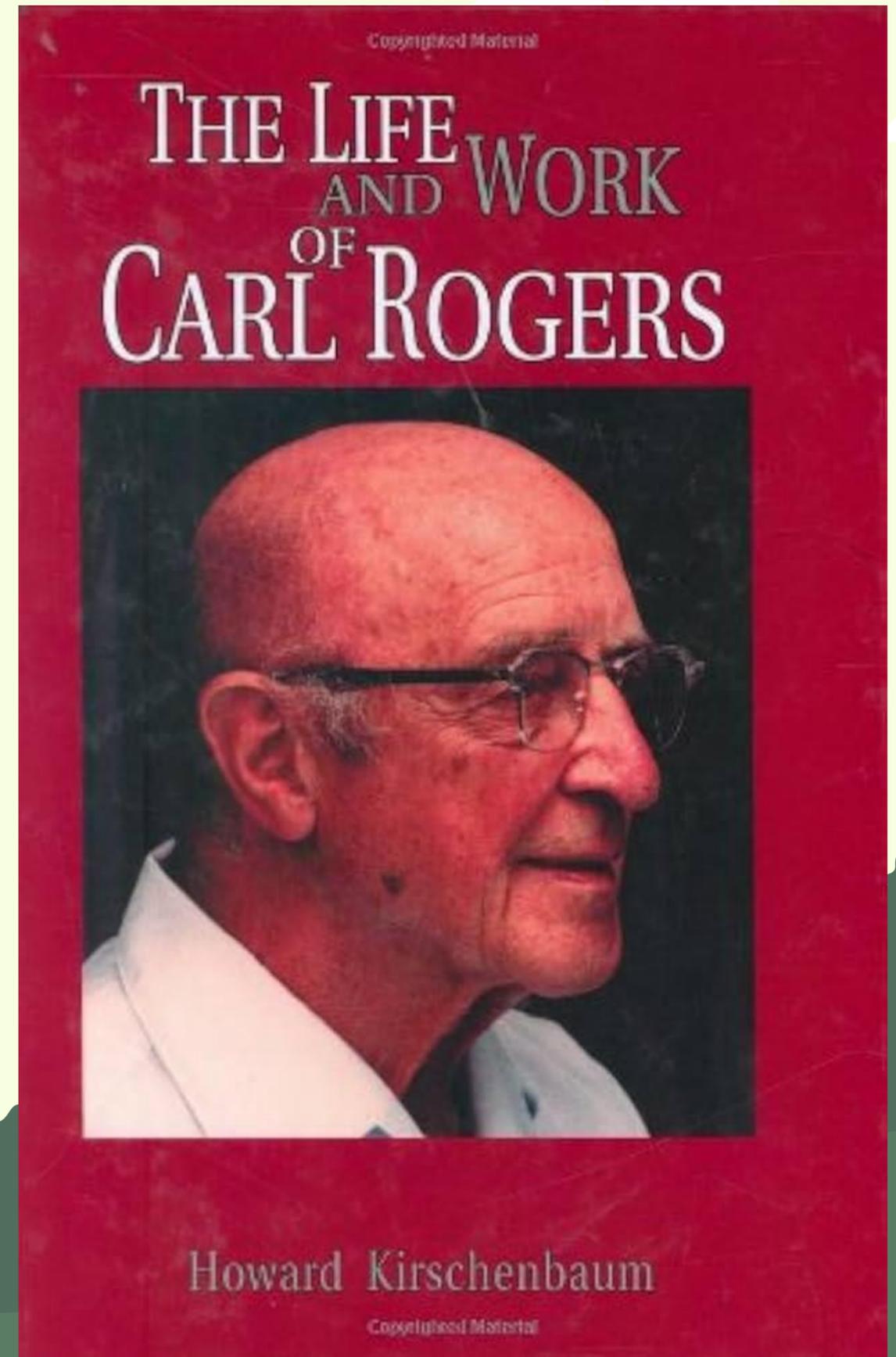
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A Comprehensive Practice Theory with Scientific Evidence

A newer aspect of this volume is the presentation of a theory of therapy and a theory of personality.



But the book also expresses, I trust, our growing conviction that though science can never make therapists, it can help therapy; that though the scientific finding is cold and abstract, it may assist us in releasing forces that are warm, personal, and complex, and that though science is slow and fumbling, it represents the best road we know to the truth, even in so delicately intricate an area as that of human relationships.

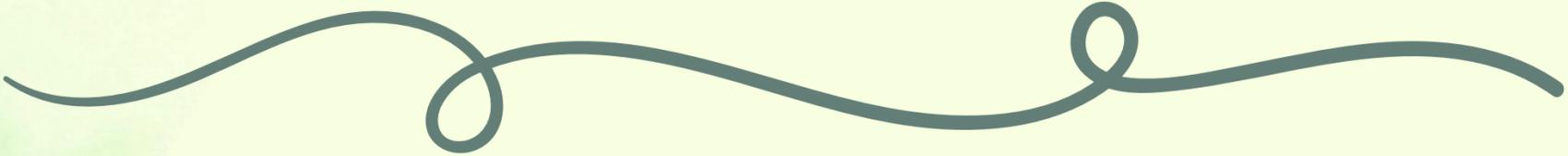




A Theory of Personality and Behavior

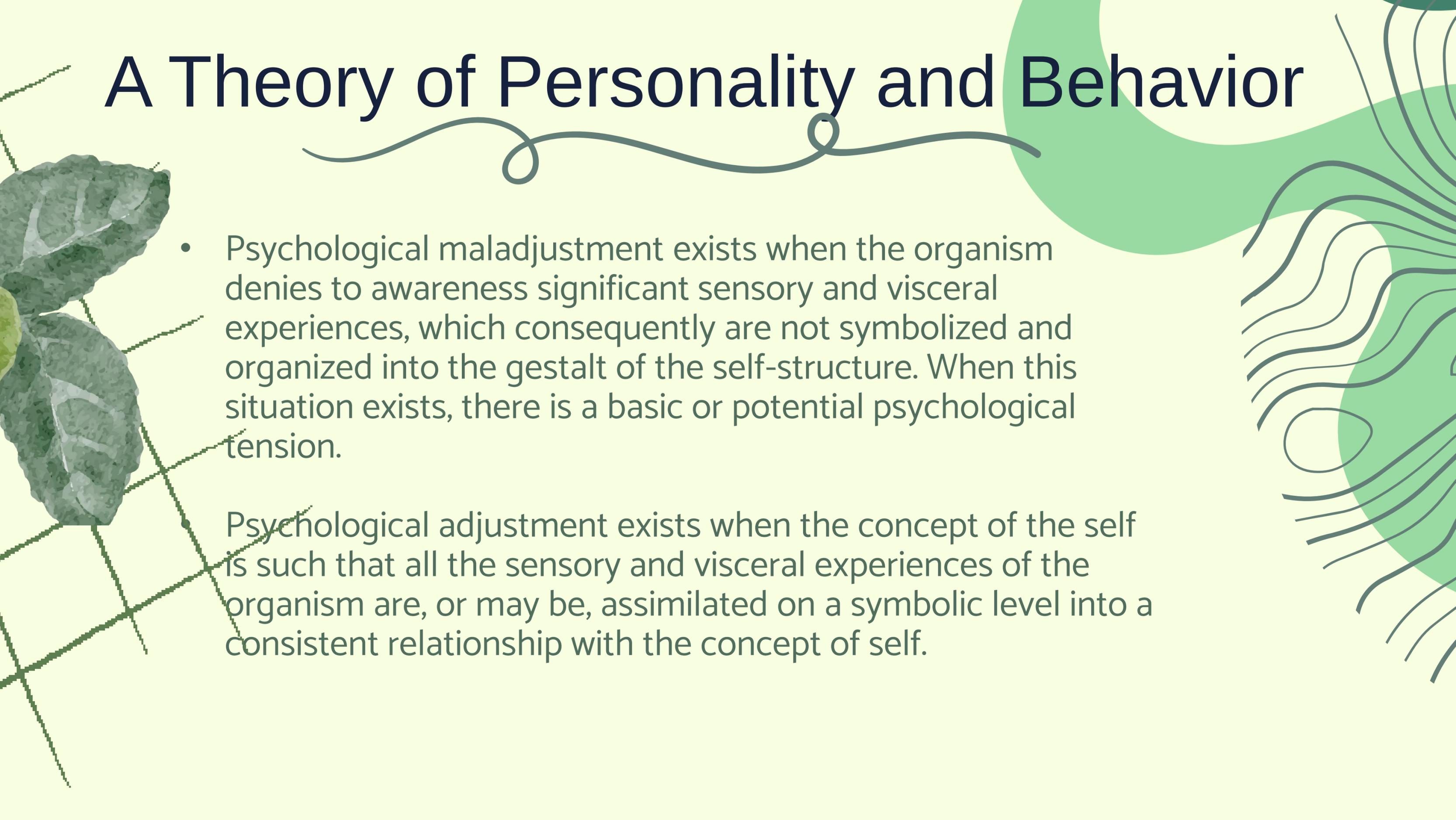
- Every individual exists in a continually changing world of experience of which he is the center.
- The organism reacts to the field as it is experienced and perceived. This perceptual field is, for the individual, “reality.”
- The organism reacts as an organized whole to this phenomenal field.
- The organism has one basic tendency and striving – to actualize, maintain, and enhance the experiencing organism.

A Theory of Personality and Behavior

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- Behavior is basically the goal-directed attempt of the organism to satisfy its needs as experienced, in the field as perceived.
 - The best vantage point for understanding behavior is from the internal frame of reference of the individual himself.
 - A portion of the total perceptual field gradually becomes differentiated as the self.
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- Decorative elements at the bottom of the slide, including a large green leaf on the left and a cluster of smaller, darker green leaves in the center.

A Theory of Personality and Behavior



- Psychological maladjustment exists when the organism denies to awareness significant sensory and visceral experiences, which consequently are not symbolized and organized into the gestalt of the self-structure. When this situation exists, there is a basic or potential psychological tension.

Psychological adjustment exists when the concept of the self is such that all the sensory and visceral experiences of the organism are, or may be, assimilated on a symbolic level into a consistent relationship with the concept of self.

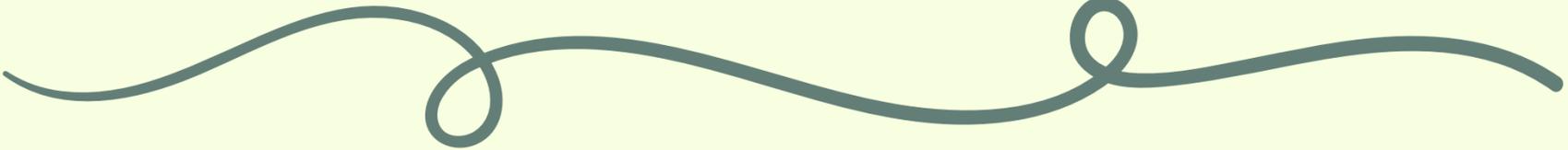




Counselors' Attitudes and Techniques

- It may more accurately be said that the counselor who is effective in client-centered therapy holds a coherent and developing set of attitudes deeply imbedded in his personal organization, a system of attitudes which is implemented by techniques and methods consistent with it.
- In our experience, *the counselor who tries to use a "method" is doomed to be unsuccessful unless this method is genuinely in line with his own attitudes.* On the other hand, the counselor whose attitudes are of the type which facilitate therapy may be only partially successful, because his attitudes are inadequately implemented by appropriate methods and techniques.

Counselors' Attitudes and Techniques



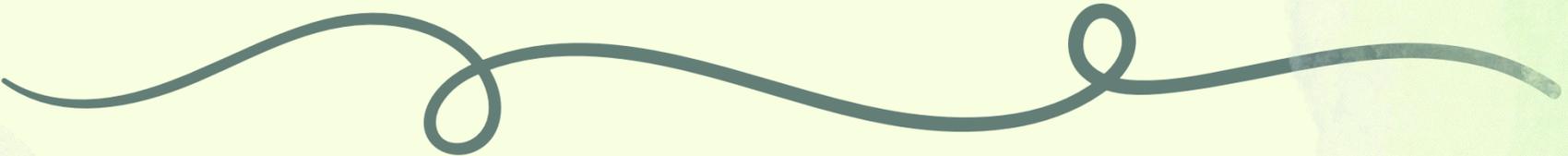
- The primary point of importance here is the attitude held by the counselor toward the worth and the significance of the individual.
- How do we look upon others? Do we see each person as having worth and dignity in his own right? If we do hold this point of view at the verbal level, to what extent is it operationally evident at the behavioral level? Do we tend to treat individuals as persons of worth, or do we subtly devalue them by our attitudes and behavior? Do we respect his capacity and his right to self-direction, or do we basically believe that his life would be best guided by us?



Calude Monet



Rigorous Research in Practice

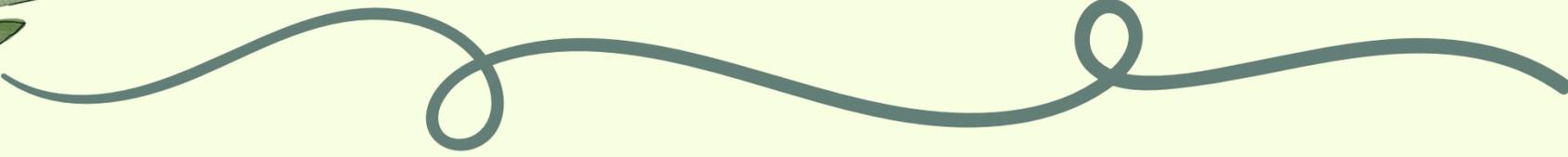


- Only by a careful study of the recorded interview preferably with both the sound recording and transcribed typescript available – is it possible to determine what purpose or purposes are actually being implemented in the interview.
 - There is ample evidence from our research analyses that a subjective judgment by the counselor himself regarding these questions is not enough. Only an objective analysis of words, voice and inflection can adequately determine the real purpose the therapist is pursuing.
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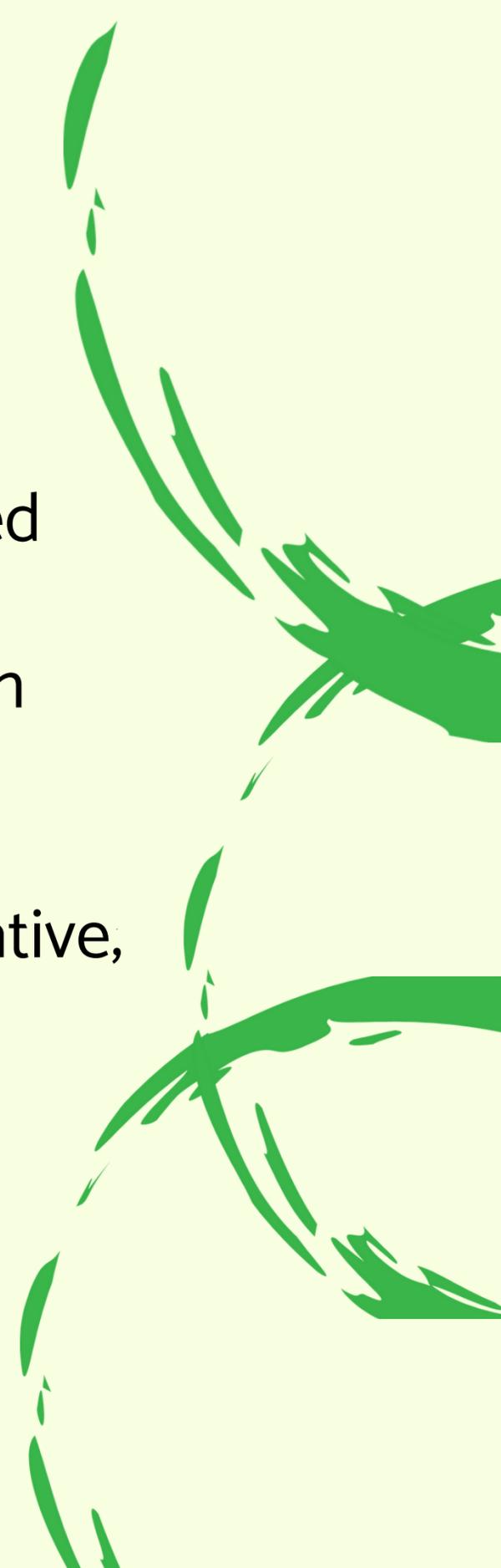
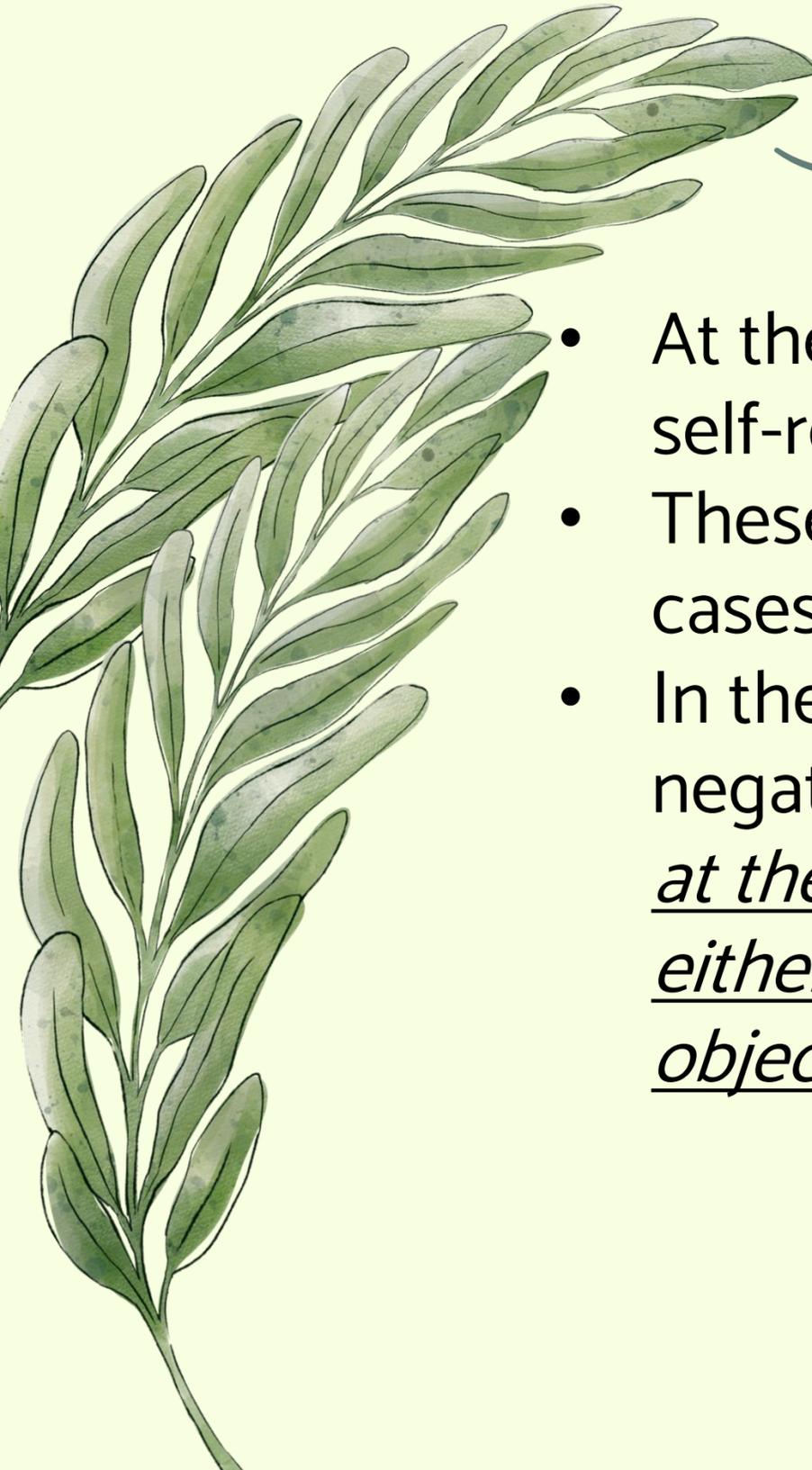
Rigorous Research in Practice

- There is a trend toward an increasing number and proportion of positively toned self-references and self-regarding attitudes as therapy progresses.
- There is a trend toward a decreasing number and proportion of self-references and self-regarding attitudes which are negative in emotional tone.
- Attitudes of ambivalence toward the self, in which positive and negative feelings are expressed together, tend to increase slightly until somewhat beyond the midpoint of therapy, and then to decrease slightly. At no period are ambivalent attitudes a frequent expression.

Rigorous Research in Practice



- At the conclusion of therapy there are more positively toned self-references than negative.
- These trends are not found, or are found in lesser degree, in cases regarded as unsuccessful.
- In the initial phases of therapy self-references tend to be negative expressions, emotional in tone or objectively negative, at the conclusion of therapy the self-references tend to be either objective expressions, neutral in emotional tone, or objectively positive expressions.





Rigorous Research in Practice

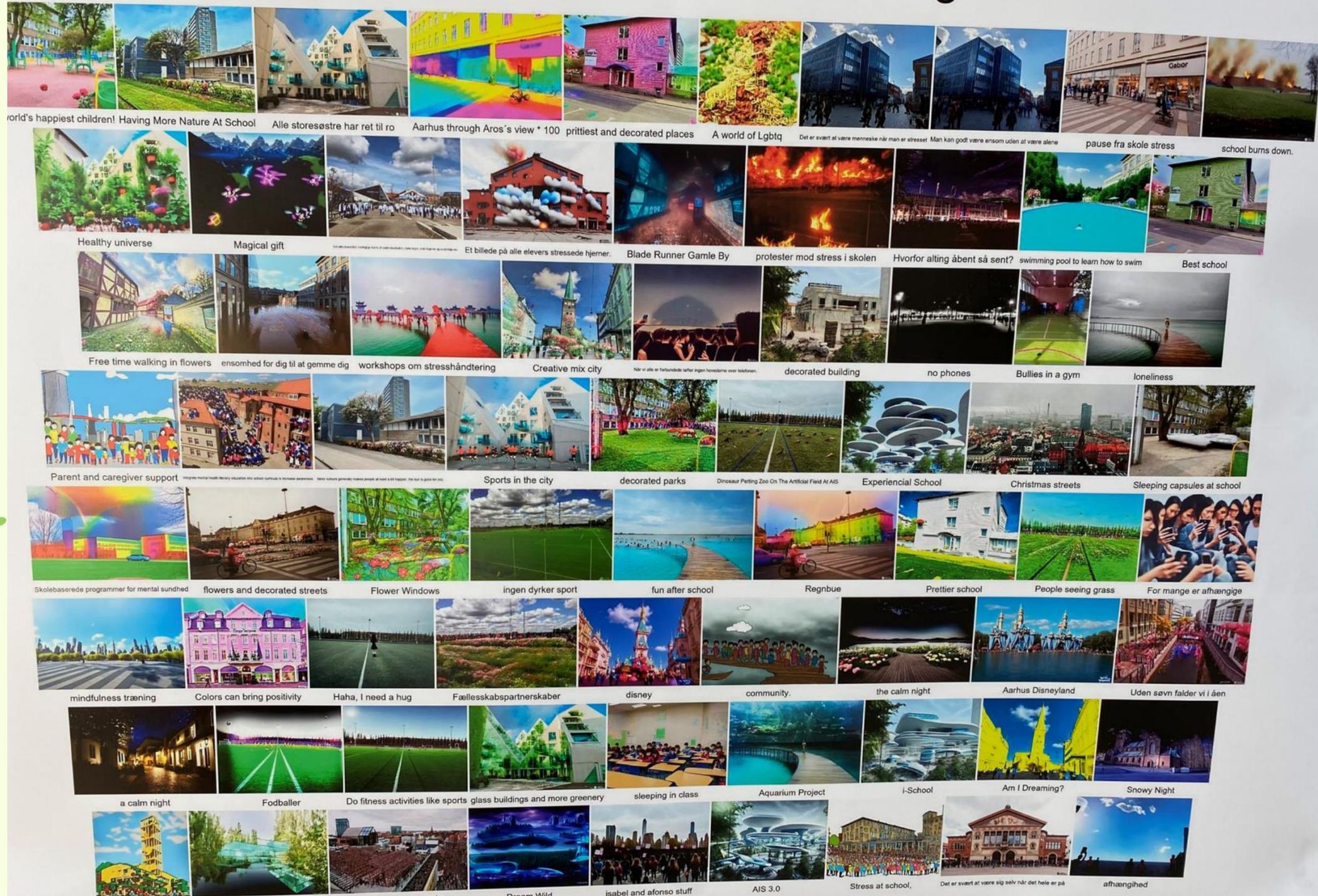
- In successful client-centered therapy there appears to be a decrease in current defensive behaviors and a greater awareness of those defensive behaviors which are present.
- As a result of therapy *the client shows an increased tolerance for frustration* as objectively measured in physiological terms.
- One *behavioral outcome* of client-centered therapy is improved functioning in life task, improvement in reading on the part of school children, improvement in adjustment to job training and job performance on the part of adults.



Using AI to Counsel Youth? An Introduction to Carl Rogers

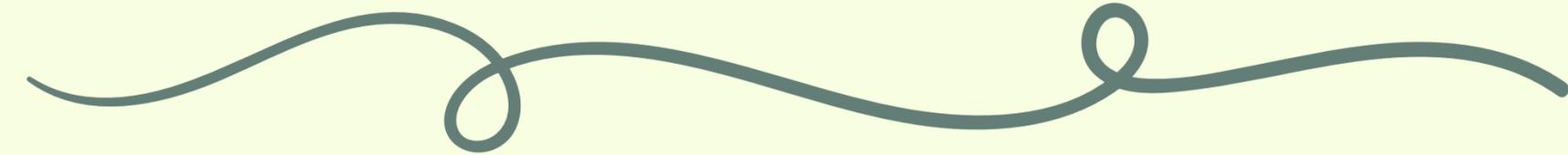
To Siu Ming

Young people's well-being





Goals of Counseling



- Self-actualization as the goal of counseling or psychotherapy has a number of significant characteristics.
 - It constitutes a criterion in the sense that is not vulnerable to the question: For what? Self-actualization is a given, inherent in the biology of living organisms.
 - Self-actualization as a goal avoids the problem of the medical model and its illness-health dilemma.
 - It avoids the problem of the adjustment model, with its question of adjustment to what, and the accompanying questions of conformity and (political) control.



Goals of Counseling

- The ultimate goal: applies to all persons, not time-bound or culture-bound – self-actualization, fully functioning
- The long-term goals: sub-goals or steps toward reaching the ultimate goal – self-awareness, self-understanding, empathy, respect for others, genuineness, actualization of potentials in education, work, family, and personal relationships
- The short-term goals: need/problem-specific



Work hard now,
later.

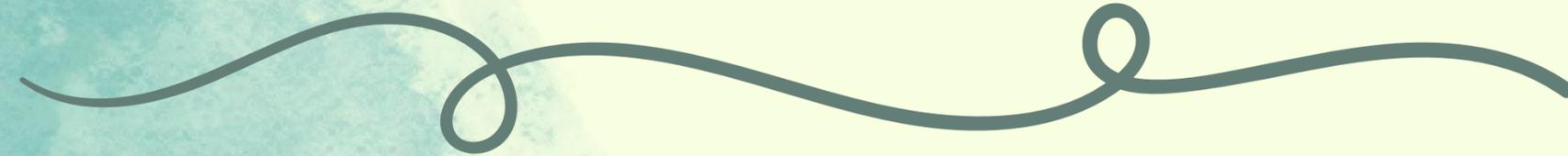
咪好行的囉。

I do it for your own good

我好驚自己揀錯，
會影響前途。



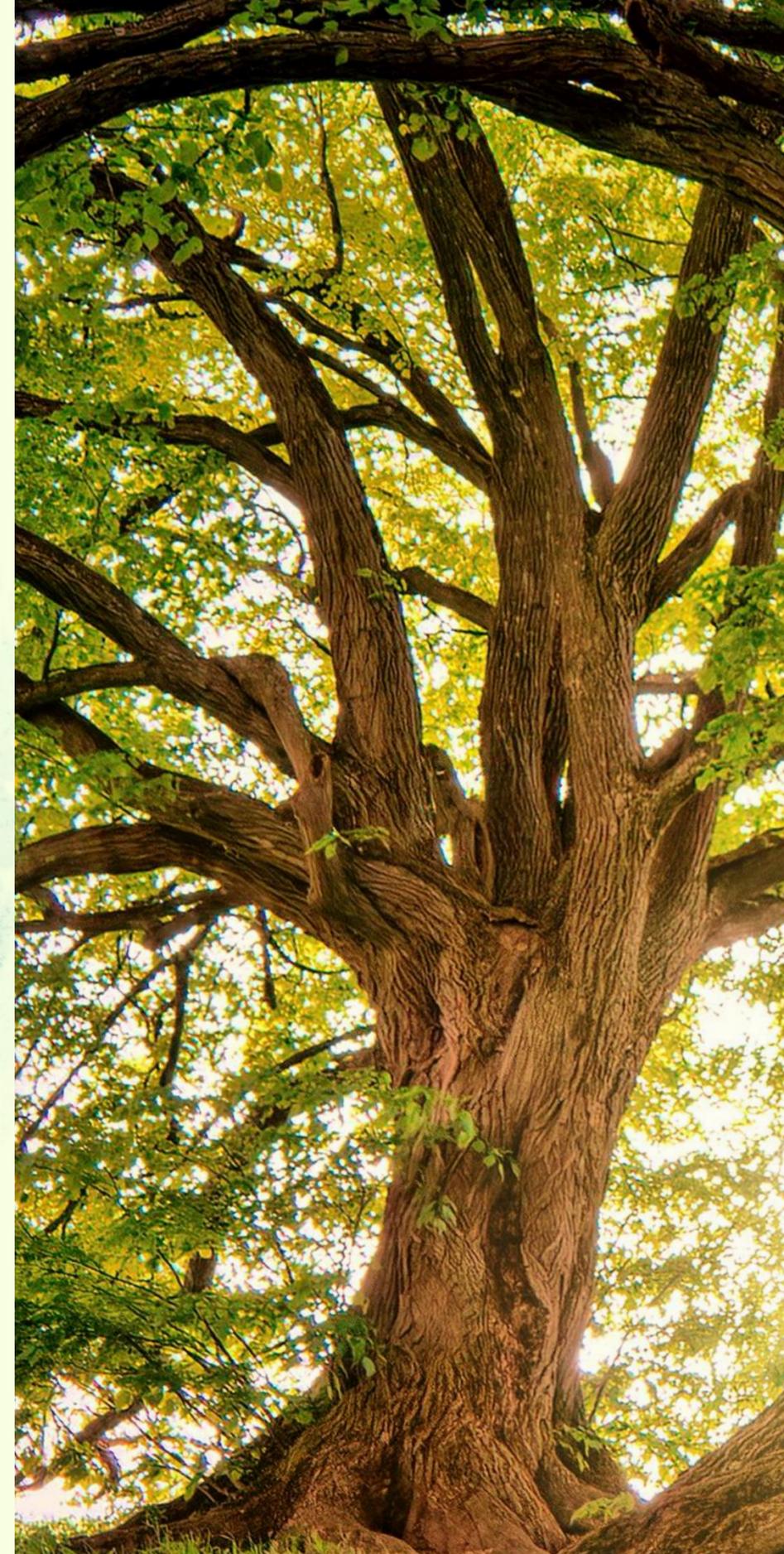
Rethinking the Non-directive Practice



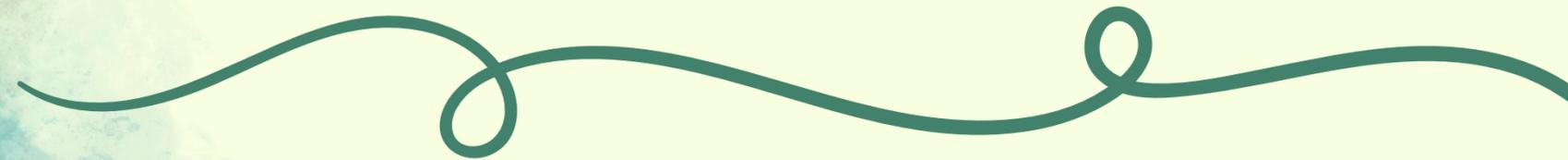
- Some counselors have supposed that the counselor's role in carrying on nondirective counseling was merely to be, passive and to adopt a laissez-faire policy.
- Such a counselor has some willingness for the client to be self-directing. He is more inclined to listen than to guide. He tries to avoid imposing his own evaluations upon the client. He finds that a number of his clients gain help for themselves. He feels that his faith in the client's capacity is best exhibited by passivity, which involves a minimum of activity and emotional reaction on his part.

Rethinking the Non-directive Practice

- *The passivity and seeming lack of interest or involvement is experienced by the client as a rejection, since indifference is in no real way the same as acceptance.*
- A laissez-faire attitude does not in any way indicate to the client that he is regarded as a person of worth.



Rethinking the Non-directive Practice

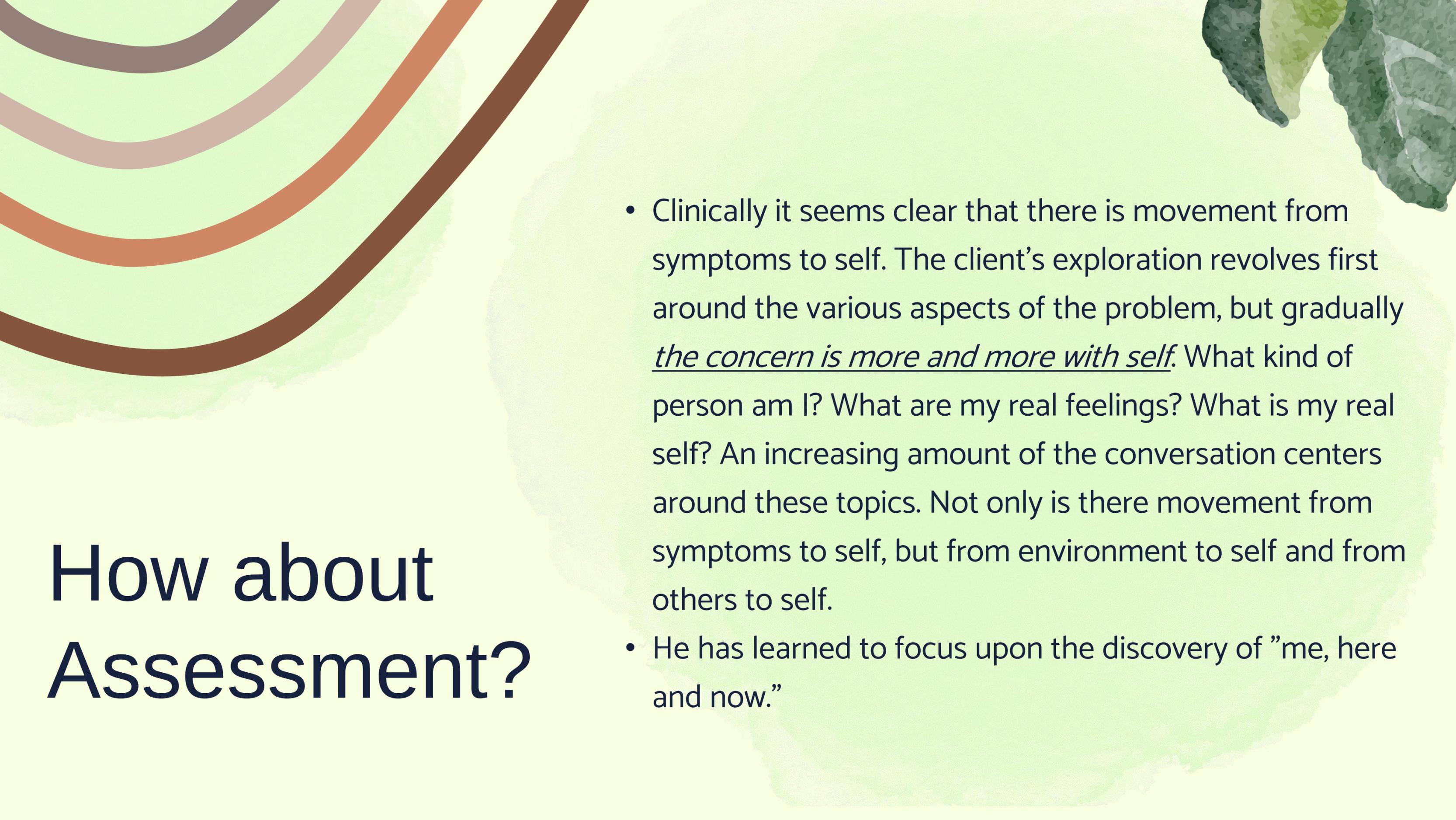


- In psychological terms, it is the counselor's aim to perceive as sensitively and accurately as possible all of the perceptual field as it is being experienced by the client, with the same figure and ground relationships, to the full degree that the client is willing to communicate that perceptual field, and having thus perceived this internal frame of reference of the other as completely as possible, to indicate to the client the extent to which he is seeing through the client's eyes.

Rethinking the Non-directive Practice

- The therapist perceives the client's self as the client has known it, and accepts it, he perceives the contradictory aspects which have been denied to awareness and accepts those too as being a part of the client, and both of these acceptances have in them the same warmth and respect. Thus it is that the client, experiencing in another an acceptance of both these aspects of himself, can take toward himself the same attitude.





How about Assessment?

- Clinically it seems clear that there is movement from symptoms to self. The client's exploration revolves first around the various aspects of the problem, but gradually *the concern is more and more with self*. What kind of person am I? What are my real feelings? What is my real self? An increasing amount of the conversation centers around these topics. Not only is there movement from symptoms to self, but from environment to self and from others to self.
- He has learned to focus upon the discovery of "me, here and now."

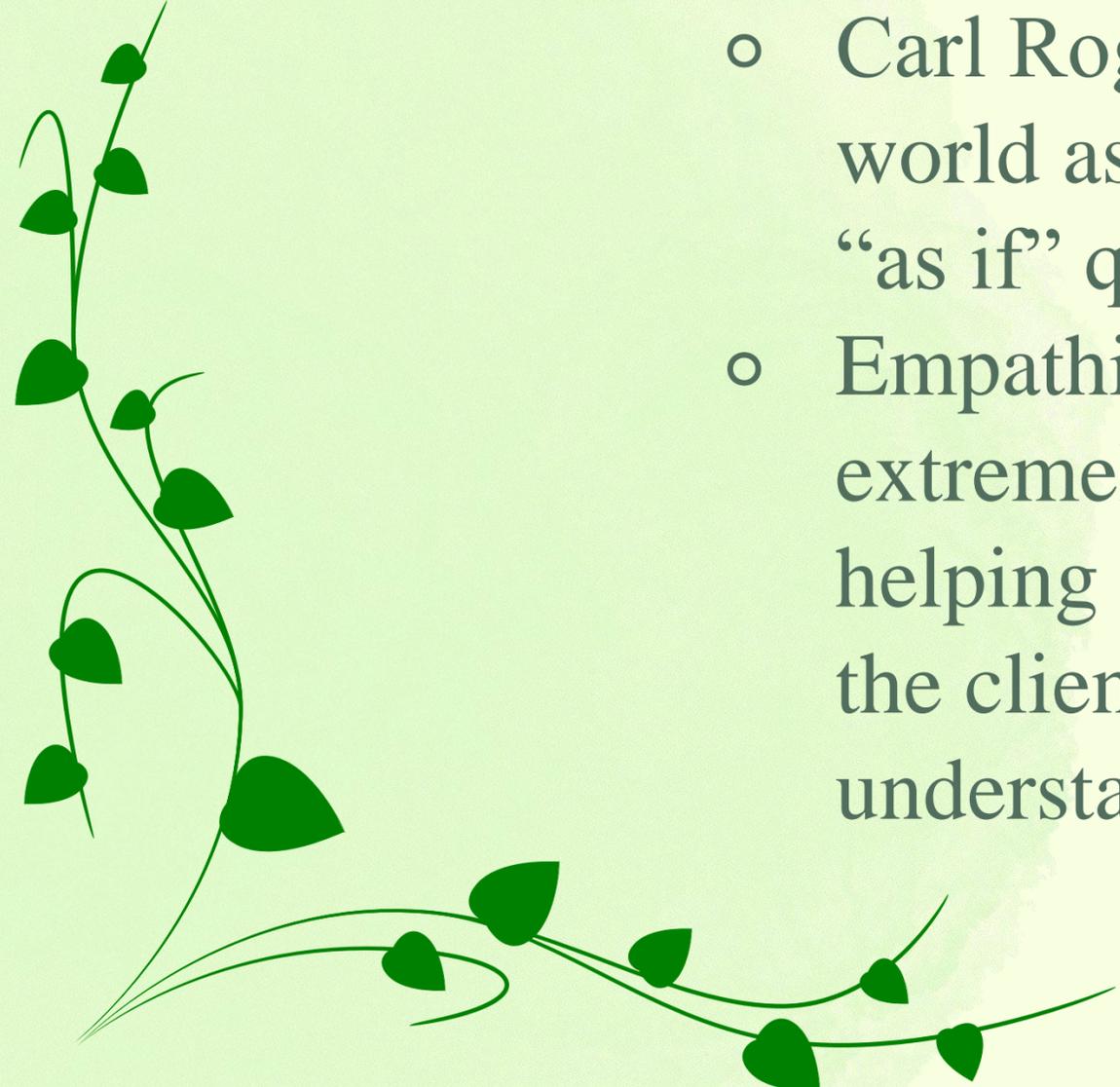


Core Conditions



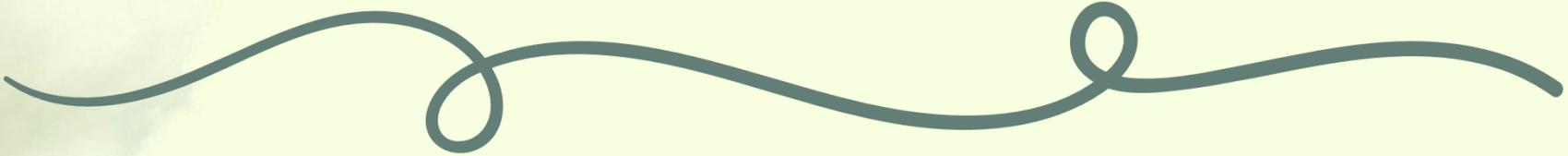
- Providing a facilitative or therapeutic relationship is the necessary and sufficient condition for helping those persons who are failing to develop or progress toward self-actualizing behavior. If they are provided with the appropriate kind of relationship, their inherent capacity to grow, develop, and become a self-actualizing person will manifest itself.
 - Congruence (genuineness)
 - Unconditional positive regard (acceptance)
 - Empathy (accurate understanding)
- 

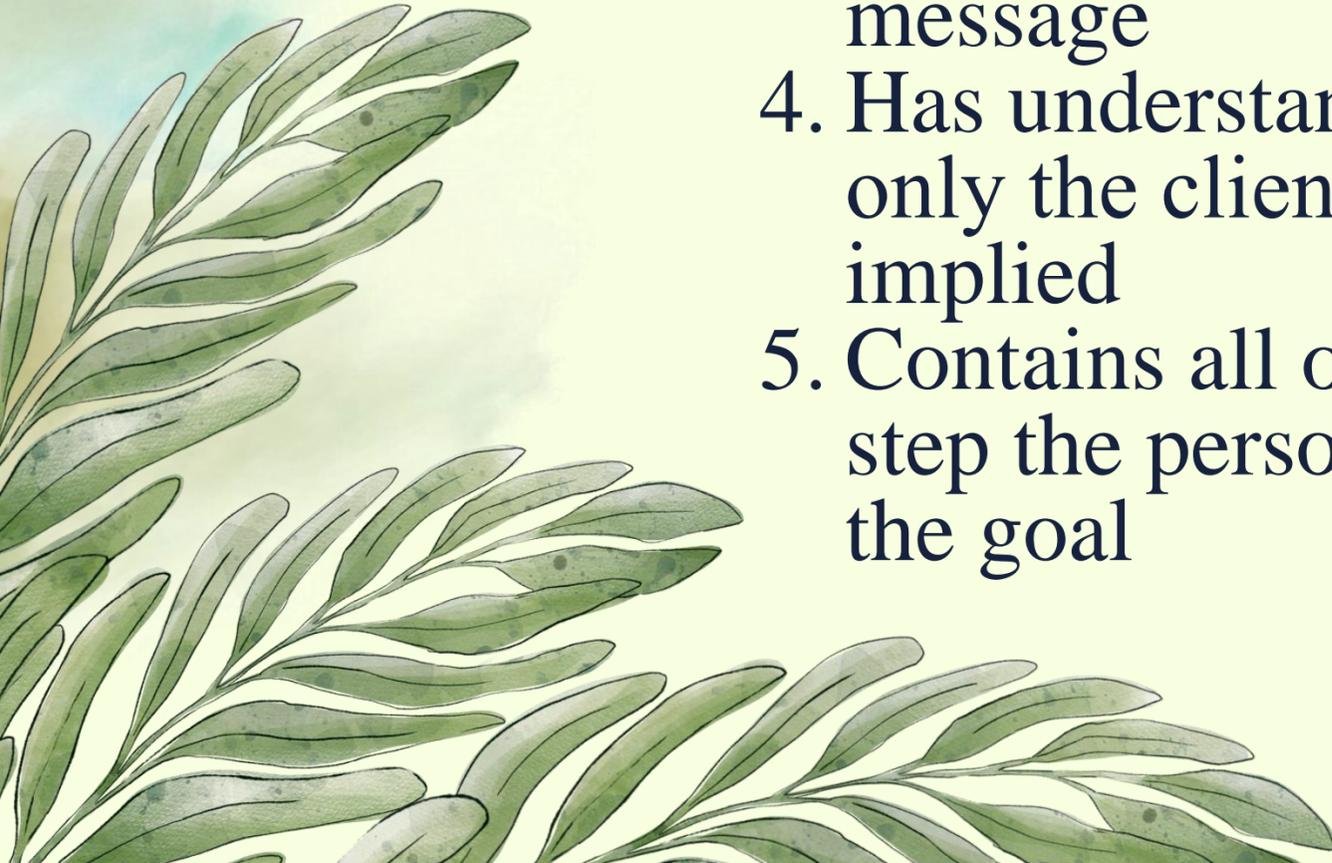
Core Conditions



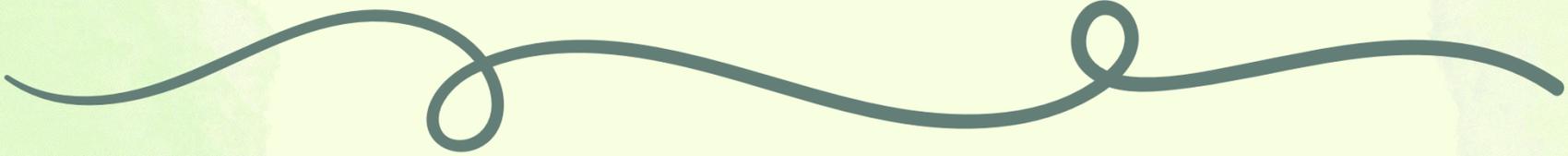
- **Empathy (accurate understanding)**
 - Carl Rogers (1961): To sense the client's private world as if it were your own, but without losing the "as if" quality.
 - Empathic understanding is considered to be an extremely broad qualitative dimension of the helping process which involves the counselor and the client in a mutual process of discovery of understandings, meanings, and directions.

Core Conditions



- **Five levels of empathy**
 1. A question, reassurance, denial, advice
 2. A response to only the content or cognitive portion, of the message, feelings are ignored
 3. Has understanding but not direction, it is a reflection of feeling and meaning based on the client's explicit message
 4. Has understanding and some direction, identifies not only the client's feeling but also the client's deficit that is implied
 5. Contains all of a level 4 response plus at least one action step the person can take to master the deficit and attain the goal
- 

Core Conditions



- **Genuineness (Congruence)**
 - Within the relationship the counselor is freely and deeply himself/herself, with his/her actual experience accurately represented by his/her awareness of himself/herself.
 - Being open, spontaneous, sharing one's thoughts and opinions, being in the here and now, expressing congruent verbal and nonverbal messages (or if incongruent, verbalizing awareness of one's own mixed feelings and thoughts), being real, sincere, and authentic.

Core Conditions

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Five levels of genuineness

1. Verbalizations are clearly unrelated to what he/she is feeling at the moment
2. Verbalizations are slightly unrelated to what he/she is feeling at the moment
3. Provides no “negative” cues between what he/she says and what he/she feels
4. Presents some positive cues indicating a genuine response
5. Expressions are congruent with his/her feelings

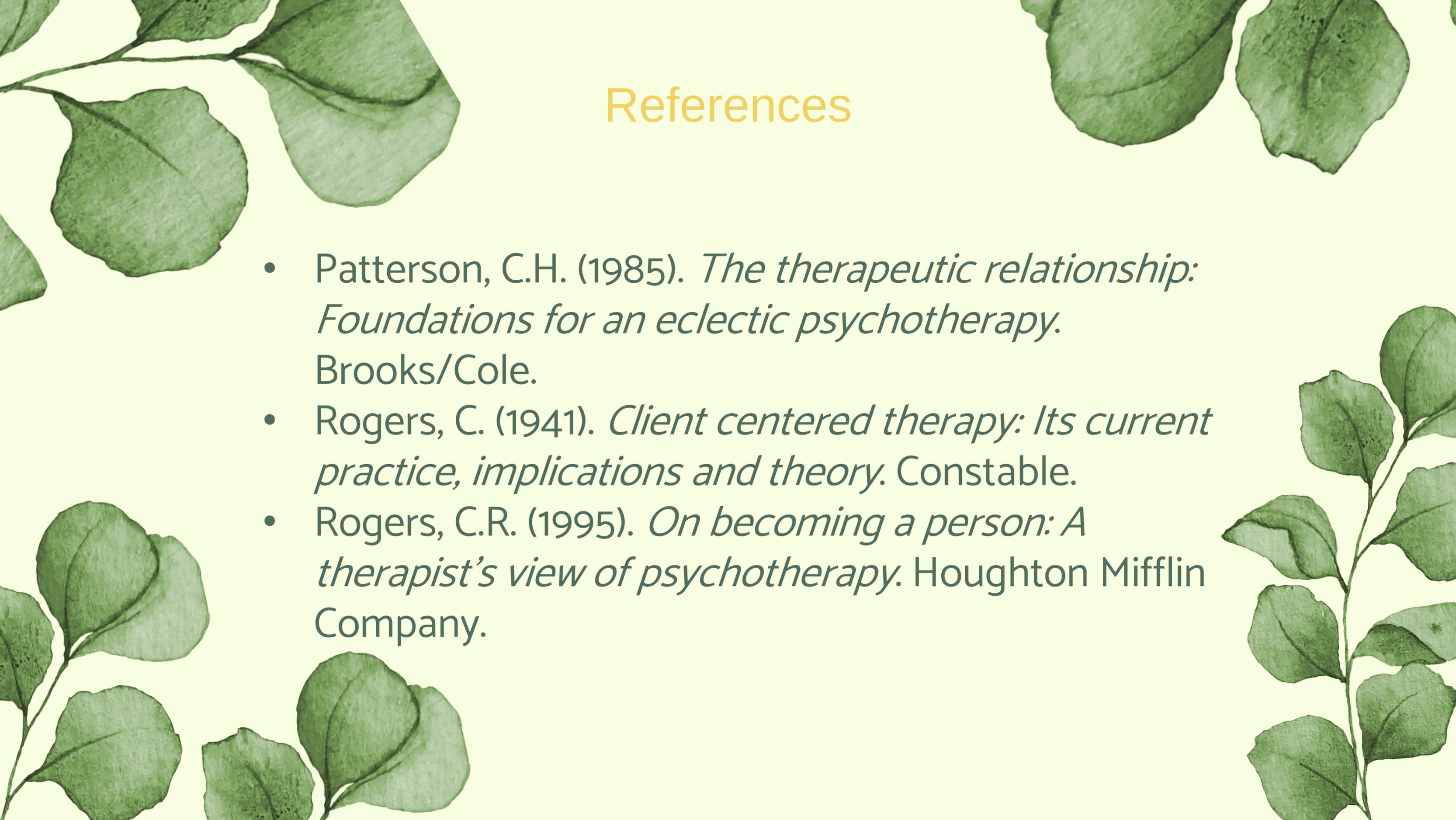


Core Conditions

- **Respect (acceptance)**
 - In the nonjudgmental attitude the counselor does not relinquish his/her own sense of values, his/her personal or social ethics. Yet clients are accepted for what they are, as they are.
 - Respect is expressed in the therapist's listening to the client and in the effort to understand the client, as well as in his or her communication of that understanding.

Core Conditions

- **Five levels of respect**
 1. A clear lack of respect (or negative regard)
 2. Communicates little respect for the feelings and experiences
 3. Communicates a positive respect and concern for the other person's feelings and experiences
 4. Clearly communicates a very deep respect and concern
 5. Communicates the very deepest respect for the other person's worth as a person and his/her potentials as a free individual



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thank
you

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Thank you 