Person centred Approach to Counselling:

A person Centres approach requires the listener to have ….

1)**Empathy**

 …….who tries to stand in their shoes and tries to understand the other person from their point of view

2 **Unconditional Positive regard**

Requires the listener to say ( to themselves)’ I think you are a person made and loved by God, a person who can succeed in the future … even when their way of thinking and of living is different from my own’

**3 Congruence**

 I have feelings and emotions too and can feel for you …….. and I will not lie to you

Done well the Person-Centred Counselling approach can create trust

Ps PC Counselling was thought up by Carl Rogers, an American who uses the word ‘counselling/ Counsellor differently from us …..The Counsellor does not have to be a professionally trained person, but has to have had some training and be accountable to another person with more experience.