**Carl Rogers’ 7 Stages of Process Psychotherapy**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| PSYCHOTHERAPY | Remoteness of experiencing. Unlikely to come for therapy | Experiences himself as fully received in a group but doesn’t initiate therapy. Slight loosening | Experiences himself as fully received in therapy. Expresses symbolically | Feels understood, welcomed and received. Freer flow of feeling | | Received in expressions, behaviours and freedom of organismic flow | Distinctive and dramatic phase | Therapeutic work is occurring outside as well as inside the therapeutic hour. Therapy is thus reported |
| * Unwillingness to communicate * Communication is about externals * Feelings, personal meanings are not recognised or owned * Personal constructs rigid * Close or communicative relationships are dangerous * No problems are perceived * No desire to change * Blockage of internal communication | * Expression begins to flow to non-self topics * Problems perceived as external * No sense of personal responsibility * Feelings unowned * Experiencing is bound by the past and therefore rigid * Constructs may be identified but considered as facts * Little or no recognition of contradictions | * Freer flow about expression of self * Begins to see self as object * Begins to see self as being reflected in others * Describes feelings but not meanings * Little acceptance of feelings * Constructs are rigid but recognised * Recognition of contradictions * Personal choices not always reflective | * Describes more intense feelings as objects maybe with some resistance (distrust and fear) * Beginnings of acceptance of feelings * Discoveries of personal constructs and questioning their validity * Realisation of concerns about contradictions and incongruences between experience and self * Feelings of self-responsibility begin (but still some resistance) * Some distrust with therapist | | * Feelings expressed freely (even towards therapist) * Freer dialogues with self * Fully experiencing emotions in present within * Maybe surprise / fright at what ‘bubbles up’ * Ownership of feelings * Sometimes feelings can’t be referenced to experience / reason * Discoveries of personal constructs with critical examination and questioning * Beginning to find more exactness in feelings and meanings, contradictions and incongruences * Increasing acceptance of self-responsibility | * Feelings flow with immediacy, richness and acceptance (no denial, fear, struggle) * Living subjectively in experience * Self as object begins to disappear. Feelings are directly experienced. Feelings are no longer external * Physiological changes occur (eyes, tears, sighs, muscle relaxation) * Congruence between experience and awareness * Constructs dissolve * Full experiencing become clear * Moves from perceiving the problem to just ‘living it’ (not judging or labelling problem) and accepting problem and letting it flow | * New feelings experienced with immediacy and richness * Acceptant ownership of changing feelings and trust in process * Self becomes the subjective and reflexive awareness of experiencing * Constructs are reformulated but held loosely * Internal communication is clear with feelings * Experiencing choice of new ways of ‘being’ |
| FEELINGS | Feelings are remote, unowned, not present in the now | | Feelings are present with some sense of ownership by individual | Feelings are owned closer to the immediate experiencing | | Feelings are experienced and expressed in the immediate present with decreasing fear of this process. Previously denied feelings bubble through into awareness, are experienced and increasingly owned | Continually changing flow of feelings | |
| EXPERIENCING | Fixity in which individual is very remote from experiencing. Unable to draw upon implicit meanings. Experiencing must be safely in past. Present is interpreted in terms of past meanings | | Recognition that the experiencing is a troubling process going on within | | Gradually becomes accepted in order to gather accurate meanings | | Becomes able to live freely and acceptingly in a fluid process of experiencing | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| CONGRUENCE | Individual isn’t aware of his incongruence | | Recognition of the contradictions and discrepancies existing within self to experience of incongruence in the immediate therefore dissolving it | | | Individual doesn’t defend himself against threatening aspects of his experience | |
| COMMUNICATION | Complete unwillingness to communicate self | |  |  |  | Rich and changing awareness of internal experiencing which is readily communicated when individual desires to do so | |
| COGNITION | Constructs experience in rigid ways which are perceived as external facts | |  |  |  | Client experiences changing, loosely held construing’s of meaning in experience, constructions which are modifiable by each new experiences | |
| RELATIONSHIP TO PROBLEMS | Problems are unrecognised and there is no desire to change | | Realisation that problems exist and that he has contributed to them, and not arisen entirely from external sources. Increasingly there is a self-responsibility from problems | | | Living or experiencing of some aspect of problems. Lives problems subjectively, feeling responsible for contribution he has made in development of his problems | |
| RELATING | Avoids close relationships which are perceived as being dangerous | |  |  |  | Lives openly and freely in relation to therapist and others, guiding his behaviour on basis of immediate experiencing | |

Adapted from Rogers, C., (1979) *On Becoming a Person* Constable UK.