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

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|  | 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 |

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| 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.