Topic 3 DQ 1

Institution Affiliation

Date

**Initial Post**

In client-centered therapy, the counselor aims to understand the client’s world view and check their understanding with the client to make sure they are not wrong. The main principle behind this approach is that clients have a better understanding of themselves. On the other hand, existential therapy puts more emphasis on the human condition. This helps the clients to understand their lived experiences openly, honestly, and comprehensively. In my analysis, the two therapy approaches can be used together; this is because they have a lot of similarities.

They are also different in a way that they will aid the client to reach their full potential. In combining these two, the counselor will be able to motivate and enhance the natural growth of the client, and the counselor will treat the client as an equal to understand their world view. When a counselor has a better understanding of the client’s world view, he or she can guide the client to understand lived experience comprehensively (Murdock, 2017). It is easier to combine the two approaches because they use a similar approach. Freedom and autonomy is a key aspect of both therapies. There is an active client-counselor relationship, where both parties are highly involved. The counselor must be able to strike a balance in both approaches, for instance, not lean on one approach than the other. While using the two approaches, the counselor can decide to start with the client-centered therapy and then finalize with existential therapy.

Reference

Murdock, N. L. (2017). Theories of counseling and psychotherapy: A case approach (4th ed.). Upper Saddle River, NJ: Pearson Education. ISBN-13: 9780134240220.

**Saul Arras Responses**

Hello Saul, quite an informative post. However, I have to differ from your analysis. In my understanding, a counselor can combine client-centered and existential approaches. One is because the two approaches are no different from each other, and the result will be one. The counselor can use the same technique in both approaches. If a counselor has a better understanding of the client’s world view, they will be able to help the client understand their lived experiences fully. For the two approaches to work well together, there ought to exist autonomy and freedom. From my understanding, both of the approaches require an active client-counselor relationship. The counselor must strike a balance between the two and not lean on one approach too much. As you have mentioned, the lack of a balance can lead to the client been confused and for the therapy session to be unsuccessful.