

ENCOURAGING RELEASE

The Client as the Best Guide. The surest route to the issues which have importance, to the conflicts which are painful, to the areas with which counseling may constructively deal, is to follow the pattern of the client's feeling as it is freely expressed. As a person talks about himself and his problems, particularly in the counseling relationship, where there is no necessity of defending himself, the real issues become more and more evident to the observant listener. It is to some extent true that the same issues may be uncovered by patient questioning in all of the areas in which the client may be experiencing concern. As we shall see, however, this is likely to be a costly process in terms of time, and the difficulties which are uncovered may turn out to be difficulties of the counselor rather than of the client. Consequently, the best techniques for interviewing are those which encourage the client to express himself as freely as possible, with the counselor consciously endeavoring to refrain from any activity or any response which would guide the direction of the interview or the content brought forth.

Rogers, C. R. *Counseling and Psychotherapy*, 1942, pp. 131-132.

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