



Module 1 - Unit 6

Introductions to the Essential Qualities:- ACCEPTANCE

- People become unhappy when their development is blocked
- All people have within themselves vast resources for development
- To facilitate someone in unblocking his/her development processes, it is important to be able to create an appropriate relationship with the person.



Acceptance, Genuineness and Empathy

- Listener offers 'AGE' creating a safe environment which supports the speaker
- It is the listener's responsibility to create a rapport communicating 'AGE'



Acceptance

The Listener respects the Speaker as he/she is = safe and trusting relationship

Genuineness

The Listener is without façade. The Speaker realises that he/she can be themselves and be accepted as he/she is genuinely without pretence.

Empathy

The Listener tracks feelings and personal meanings and communicates this understanding to the Speaker.



Complexities of Acceptance

- The core condition of acceptance and respect may prove difficult at different times
- It can be difficult or occasionally impossible to accept Speakers as they are, if this seems to contravene the Listener's own beliefs and values
- A distinction perhaps can be made between a person and his/her behaviour



Complexities of Acceptance

- The Listener can value the Speaker as a person even when the speaker's behaviour is unacceptable
- We need to explore the limits of our own capacity for acceptance and respect
- Acceptance in Person Centred counselling also known as *unconditional positive regard*


