Chapter 13 Big Ideas

Abraham Maslow

Human Needs: A Hierarchical Theory
• D-needs
• B-Needs

Hierarchy of Needs
• Drive to become self-actualized and to fulfill potentials

Self-actualization

Peak Experiences

Carl Rogers

The Rise of Phenomenology

Actualizing Tendency

The Self
• The self-concept

Congruence / Incongruence

Personality Development

Unconditional positive regard

Person-Centered Therapy
• Empathy
• Acceptance
• Genuineness