



Humanistic Psychology & Human Potential

Psychology 310
Psychology of Personality

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Humanistic Psychology

- Emphasizes Phenomenology
 - *Lived Experience*
- Emphasizes Human Potential
 - *Be All You Can Be*
- Thus, Emphasizes
 - *Your Potential to Experience Life Joyously, Clearly, Fully*

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Openness To Experience is...

- a way of being
 - not a trait
- the key to realizing experiential potentials, because
 - your world and your self are only as open to you as you are open to them
 - your experience is your best feedback

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Openness To Organismic Valuing Processes

- Carl Rogers went further, positing:
 - an innate "Actualizing Tendency"
 - guided by "Inner Organismic Valuing Processes"
 - If you let people be and they are open to hearing & trusting their organismic valuing processes, find: "that over time the choices made, the directions pursued, the actions taken are increasingly constructive personally and tend toward a more realistic social harmony with others" (Rogers, 1961)

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Roger's Fully Functioning Person

- Open To Experience
- "Being Process" & "Being Complexity"
- Self-trusting & Self-determining
- Accepting of Others

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Maslow's Self-Actualizing Person

- *Appreciating and Clearly Experiencing*
 - Self & Others & Process of Life
 - More accurate
 - More broad-minded
 - Not ego- group- or culture-centric
- Self-directed, Creative, Spontaneous
- Peak Experiences
 - Moments of Fullest Self-Actualizing

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