

Two important humanistic psychologists are Abraham Maslow and Carl Rogers.	Humanistic psychologists believe that people have free will.	People have the capacity to choose what they do, although they don't always realise this.	People are not just passive responders to their instincts or environments.
Humanistic psychologists place great importance on people's subjective experience.	Humanistic psychologists believe you can only understand what someone does by understanding how they perceive the world.	They believe that 'what is it like to be this person?' is a much more important question than 'what is this person like?'	The self is a very important idea in humanistic psychology
The self consists of a person's sense of awareness and all their ideas about who they are.	One aspect of the self concept is the ideal self. The ideal self is the person's idea of how they ought to be.	When a person perceives a discrepancy between the self and ideal self the result is incongruence.	People may deal with incongruence in unhelpful ways, for example by distorting their perception of themselves or of reality.
They may pretend to be something they aren't or convince themselves the world is other than it is.	Humanistic psychologists believe that everyone has the potential for psychological growth.	People who completely fulfil their potential are called 'self-actualisers' in the humanistic approach.	Growth implies that all people have a potential that they could fulfil.
Everyone could be more tomorrow than they are today.	According to Carl Rogers, everyone has a need for 'unconditional positive regard'.	Unconditional positive regard is the love and respect of others, without any conditions or evaluation attached.	Many people perceive that the love of others is not unconditional.
People often believe that others will only love them if they achieve certain things, own certain possessions or act in certain ways. These are called 'conditions of worth'.	Conditions of worth lead people to pursue the wrong goals in life. This blocks growth and prevents self-actualisation.	To meet conditions of worth and produce the illusion of congruence, people may run up huge debts or exhaust themselves chasing high status positions or possessions.	Humanistic psychologists developed counselling approaches to help people achieve congruence, recognise conditions of worth and thereby grow towards self-actualisation.