

Abstract

This study explores the role of Unconditional Positive Regard (UPR) in the therapeutic relationship. Sixty years ago, Carl Rogers changed the face of psychotherapy by introducing this unique relational concept. Since then, Unconditional Positive Regard has been eulogised, embraced, ignored, developed and occasionally refuted by therapists and professionals.

The purpose of this study is to establish whether positive personality change could occur where Unconditional Positive Regard was considered to be paramount. This has been done by reviewing Humanistic and Human Development theory literature and examining a client-therapist relationship in a clinical case study.