

# **COUN 480: SKILLS FOR COUNSELING**

UNCONDITIONAL  
POSITIVE REGARD  
(UPR)

# GOOD NEWS?!

Questions about Ch 5 or ST?

From Last Class...

Discuss Unconditional Positive Regard

Upcoming:

**DUE TONIGHT**-Discussion Board 2

Genuineness

# From Last Class...

**Reflecting Meaning:** Meaning is a product of a person's worldview and personal values (*what is important in their lives*)  
Helps restate the personal impact & significance of the event the client/student is describing

- *You felt \_\_\_\_\_ (emotion) when \_\_\_\_\_ (meaning)*
  - *You felt angry with yourself because this was the way you were going to prove to your parents that you were successful*

# From Last Class...

**Summarizing:** Ties major themes of the story together  
You might summarize themes you notice, end-of session recap, or future plans

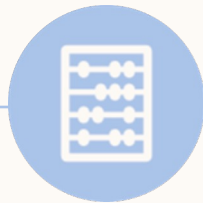
*Helper: “So, as I understand it, you are still recovering from your accident, you are feeling unsure of how others will feel about the accident, and you are feeling guilt about what happened.”*

You typically don't use this until you have reflected and paraphrased, hence why it comes *last* in the listening cycle diagram.

# Inside Out



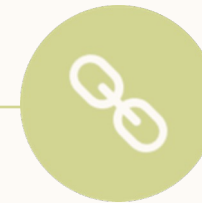
# WHAT IS UPR?



**WARMTH, ACCEPTANCE, &  
PRIZING**



**THE ACCEPTANCE OF AN  
INDIVIDUAL WITHOUT THE  
DEMAND OF PERSONAL  
GRATIFICATION, NON-  
POSSESSIVE WARMTH**



**THE ACCEPTANCE OF AN  
INDIVIDUAL'S FULL RANGE  
OF EMOTIONS, FULL  
RANGE OF CLIENT  
INTERNAL EXPERIENCE**

# Think Pair Share

## SELF-ACCEPTANCE

### THE CONNECTION OF UPR TO SELF-ACCEPTANCE

- As we accept our clients, our clients come to accept themselves.
  - Where does self-acceptance come from?
  - Does self-acceptance come after one is accepted by others?
  - Where does it NOT come from?
  - And where does lack of self-acceptance come from?

# Carl Rogers Once Said...

paraphrasing:

When I accept myself as I am,  
then I change.

*But how can this be?*



# Have You Met a Porcupine?



# WHAT MIGHT GET IN THE WAY OF UPR?

- Consider the following questions to develop an idea of what may get in the way of UPR for you:
  - What ways of being in others are off-putting to you?
  - Are there particular things that a client may struggle with that may be hard for you to accept?
  - What emotions are easy or hard for you to accept?
  - Do you have a particularly strong value that if your client acts against this value in their own life, it may be hard for you to accept him, her, or them?
- Strive to consider what drives the possible UPR blocker for you.





**SEE YOU NEXT  
CLASS!**

Take care of yourselves!