

Say Hello to
your very own book of
Quotes



QuotationsBook

Quotes by Rogers, Carl

from QuotationsBook.com

Carl Ransom Rogers (January 8, 1902 – February 4, 1987) was an influential American psychologist, who, along with Abraham Maslow, was the founder of the humanist approach to psychology. He was also instrumental in the development of non-directive psychotherapy, which he initially termed Client-Centered Therapy. He later renamed it as the Person-Centered Approach (PCA) to reflect that his theories were meant to apply to all interactions between people, not just to those between therapist and client. Today PCA is also called person-centered psychotherapy.

The only person who is educated is the one who has learned how to learn and change.

- Rogers, Carl

In a person who is open to experience each stimulus is freely relayed through the nervous system, without being distorted by any process of defensiveness.

- Rogers, Carl

The facts are always friendly, every bit of evidence one can acquire, in any area, leads one that much closer to what is true.

- Rogers, Carl

The good life is a process, not a state of being. It is a direction not a destination.

- Rogers, Carl

I believe that the testing of the student's achievements in order to see if he meets some criterion held by the teacher, is directly contrary to the implications of therapy for significant learning.

- Rogers, Carl



QuotationsBook