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## **Transactional Analysis A Relational Perspective**

Humanistic psychology is a psychological perspective that arose in the mid-20th century in answer to two theories: Sigmund Freud's psychoanalytic theory and B. F. Skinner's behaviorism. Thus it was referred to as the "third force" in psychology. The school of thought of humanistic psychology gained traction due to key figure Abraham Maslow in the 1950s during the time of the humanistic movement.

## **Humanistic psychology - Wikipedia**

Person-centered therapy, also known as person-centered psychotherapy, person-centered counseling, client-centered therapy and Rogerian psychotherapy, is a form of psychotherapy developed by psychologist Carl Rogers beginning in the 1940s

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and extending into the 1980s. Person-centered therapy seeks to facilitate a client's self-actualizing tendency, "an inbuilt proclivity toward growth and ...

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