

# “A KIND OF LIKING WHICH HAS STRENGTH” (Carl Rogers)

Does Person-Centered Therapy facilitate through love ?

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# 1

„Love is all you need“ ?

## All You Need Is Love Beatles Groove

John Lennon, 1967



There's nothing you can do that can't be done  
Nothing you can sing that can't be sung  
Nothing you can say but you can learn how to  
play the game  
It's easy

Nothing you can make that can't be made  
No one you can save that can't be saved  
Nothing you can do but you can learn how to  
be you in time  
It's easy

Nothing you can know that isn't known  
Nothing you can see that isn't shown  
Nowhere you can be that isn't where you're  
meant to be  
It's easy

All you need is love  
All you need is love  
All you need is love, love  
Love is all you need

- 1 „Love is all you need“ ?
  - 2 Etymology
  - 3 Phenomenology
  - 4 Religions and theologies
  - 5 Philosophies
  - 6 Psychologies
- 7 Many forms of love - one love?
  - 8 Love in the PCA
- 9 Personal love - the art of acknowledgment
  - 10 Is therapy love?

# 2

## Etymology

# Etymology

## *love, Liebe*

Indogermanic *\*leubh-* (to like, care, desire, love)

Latin *libere* (appeal to, please); *libido* (desire, lust)

Old English *lufian* (to love, cherish, sow love to;  
fondle, caress; delight in, approve, practice)

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## Related to

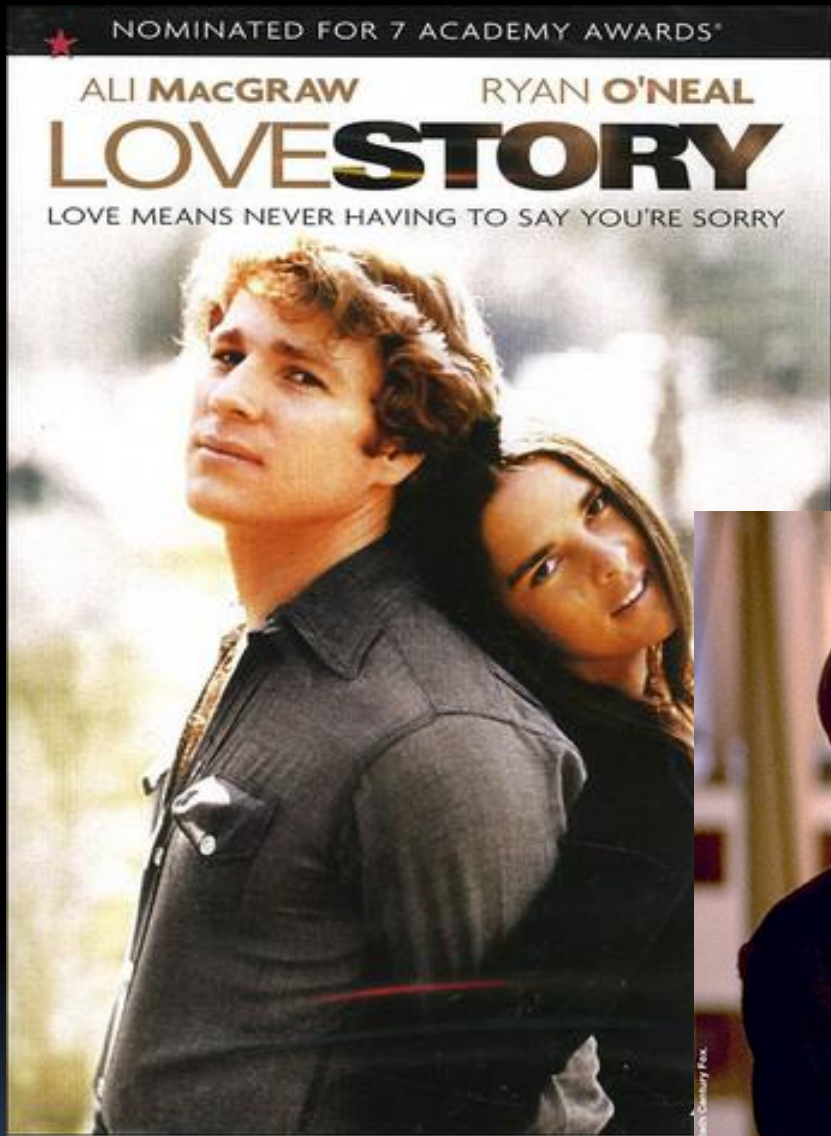
*loben* (to praise; cf. appl*aud*; \*laud)

*erlauben* (*allow*)

*glauben* (believe)

# 3

# Phenomenology



1970

1997





# Phenomenology

- **Parental love**  
(and child's love towards the parents)
- **Love in partnership**  
(of different or same sex)
- **Friendship**  
(a love that needs some form of equality or creates it)
- **Self love**  
:: egoism (degenerated form of self love)

# Phenomenology /2

We do not *make* love.

Love changes perception.

Love makes us think about the meaning of life.

Love can switch into hate and vice versa.

Love implies affection and attachment.

Love is an intensive emotional relationship.

Love's value is beyond the category of purpose.

Love is *between* persons.

Love changes the persons involved.

# Phenomenology /3

## Love-related emotions / “precursors” of love

- Sympathy (amor benevolentiae)
- Falling in love
- Amour pur (absolute love) ?
- :: indifference, disinterest (i-sol[e]-ation)
- hate (πασχω = to suffer): twisted love

## Passionate love (cupido)

versus overcoming of suffering

# 4

## Religions and theologies

# Religions

- Polytheism specific gods/goddesses
- Hinduism Bhakti
- Buddhism Metta, Karuna
- Monotheism God is love
  - Judaism
  - Christianity
  - Islam

# Christian theology

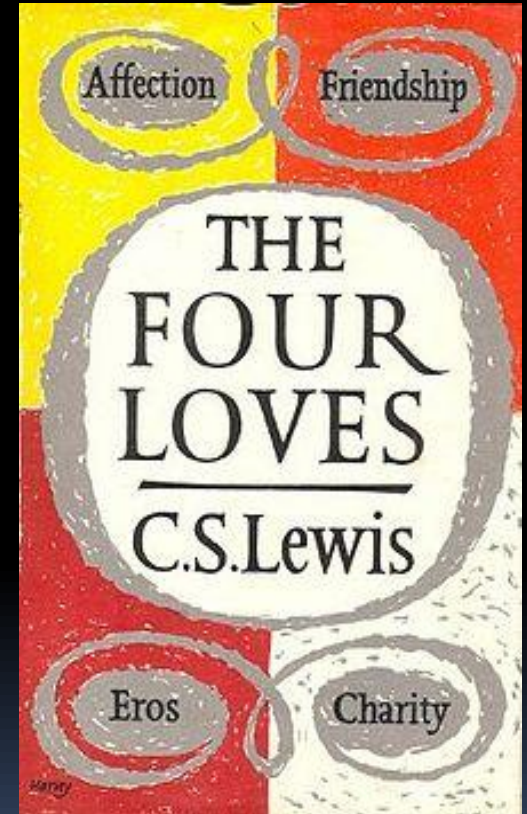
- **God is love** (ἀγάπη ἐστίν; Joh 4:8.16; 1 Joh 3-5)
- **Love to God = love to neighbor / self love**  
“‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.” (Mt 22:37-40)
- **Love to enemies**  
“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father who is in heaven. (Mt 5:43-45a)
- **Love is the greatest**  
“So now abide faith, hope, and love, these three. But the greatest of these is love. (1 Kor 13:13)

# 5

# Philosophies

# Forms of love

- **Eros** (ἔρως , amor, amor complacentiae)
- **Storge** (στοργή, affectus)
- **Philia** (φιλία, amor amicitiae)
- **Agape** (αγάπη, caritas, amor benevolentiae, dilectio)





# Forms of love /2

- **Sexus** (amor concupiscentiae)
- **Philautia** (love of the self)

# 6

# Psychologies

# Psychological concepts of love

- **Sigmund Freud** concept of eros & libido
- **Wilhelm Reich** theory of orgasm
- **Abraham Maslow** hierarchy of needs
- **John Alan Lee** color wheel theory of love
- **Robert J Sternberg** triangular theory of love:  
intimacy,  
passion,  
commitment

etc.

# 7

Many forms of love  
— *one* love?

# EROS ἔρως



Eros Farnese, Pompeii,  
of Thespieae by Praxiteles



This Roman Eros (Amor)  
once rode a dolphin



Anteros on  
Picadilly Circus column

# EROS ἔρως

At the beginning there was only Chaos, Night (Nyx), Darkness (Erebus), and the Abyss (Tartaros).

Earth, the Air and Heaven had no existence.

Firstly, blackwinged Night laid a germless egg in the bosom of the infinite deeps of Darkness, and from this, after the revolution of long ages, sprang the graceful Love (Eros) with his glittering golden wings, swift as the whirlwinds of the tempest.

He mated in the deep Abyss with dark Chaos, winged like himself, and thus hatched forth our race, which was the first to see the light.

*Aristophanes*

# EROS ἔρως

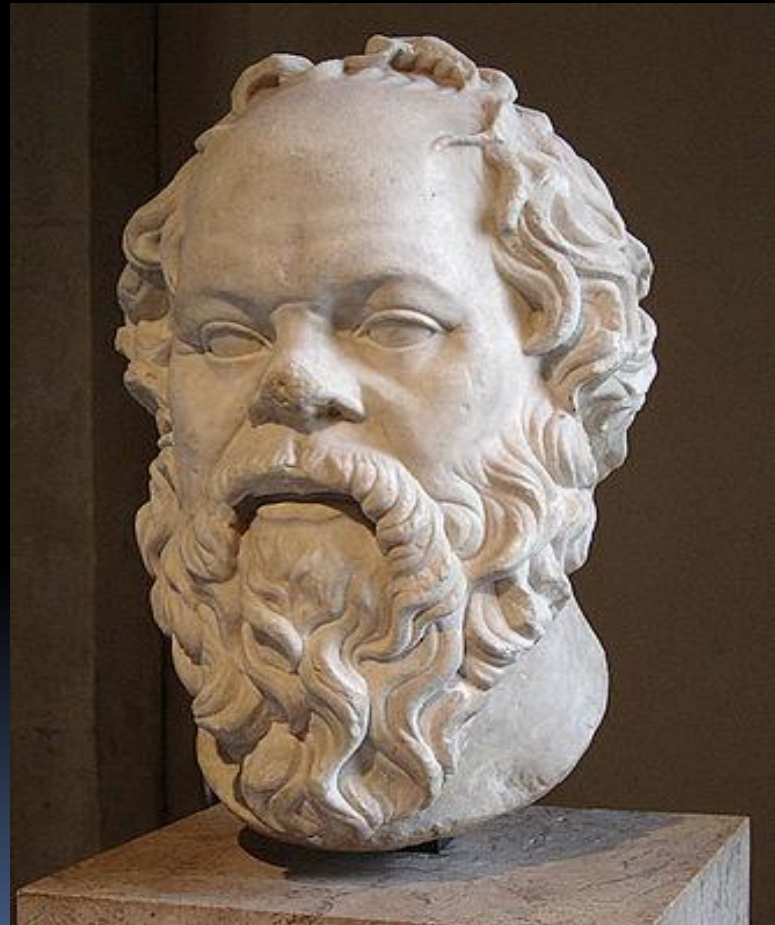
- Θεῖα μανία (Theia mania)

passionate love: madness from the gods

EROS ἔρως

Plato

Symposium  
Συμπόσιον





# EROS ἔρως

- Θεῖα μανία (Theia mania) madness from the gods
- Plato's idealistic concept:  
Eros helps the soul recall the knowledge of beauty.  
→ The lover, inspired by beauty, is filled with divine love and filling the soul of the loved one with love in return.
- Eros is appreciation of beauty within a person and of beauty itself.
- Physical attraction not necessary („Platonic love“)

# EROS ἔρως /2

- Erotic love means to love **the good and beautiful**.
  - It is **permanent aspiration** and desire.
  - A desire to **possess**, always **egocentric**.
  - A **desire for immortality**.
  - Death is the utter adversary.
- 

Today:

Eros is connected to sensual, genital desire.

# EROS and psychotherapy /1

## **Freud** (relying on Plato)

- Constructive *Eros* is the force that fosters life;  
it is opposed to the destructive *Thanatos*, the death drive.
- Problems result from conflicting motives (where ultimately *Thanatos* wins)
- To mix up eros with genital activity is a sign of resistance against psychoanalysis.

# EROS and psychotherapy /2

## „Pedagogic eros/love“

- **Herman Nohl** (1879 – 1960)  
social pedagogue  
*“The focus has not to be on the problems  
a youngster causes, but on their distress.”*  
→ experience-centered concept  
inspired by Plato and Dilthey
- **Wilhelm Dilthey** (1833 – 1911)  
hermeneutic philosopher, psychologist  
→ Rogers’ & Gendlin’s focus on “experiencing”)



# EROS and psychotherapy /3

- The actualizing tendency as the only motivational force  
→ UPR is *the* way to overcome problems/incongruences.
  - Is UPR love?
- 
- How about sex and therapy?

# STORGE στοργή



# STORGE στοργή

- **Familial love**, particularly parents & children
- **Natural affection** (i.e. without coercion)
- Compassionate care between **exceptional friends**
- Between **married couples, committed** to a long relationship in fidelity (homogamy)

# STORGE and psychotherapy

- A constituent element of a storge relationship is empathy.
- Commonalities and differences of parent-child relationship and therapeutic relationship.
- Commonalities and differences of friendship and psychotherapy.



PHILIA φιλία

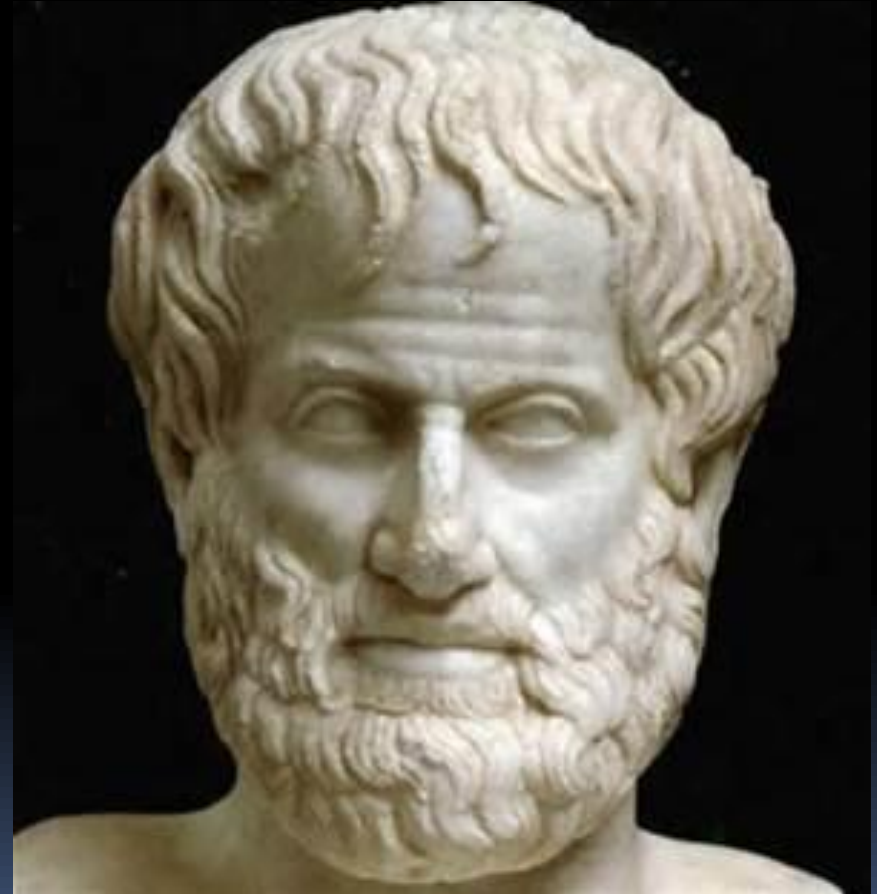
Φιλότης  
(Amicitia)



# PHILIA φιλία

Aristoteles

Nicomachean  
Ethics  
Ἠθικὰ Νικομάχεια



# PHILIA φιλία /1

- Pure, friendly interest in others
- Love between friends, brotherly love
- Dispassionate virtuous love
- Requires loyalty, virtue, equality, familiarity
- τὸ φιλεῖν = „wanting for someone what one thinks good, for his sake and not for one's own, and being inclined, so far as one can, to do such things for him“ (Aristotle)

# PHILIA φιλία /2



- A **being-for-each-other in love**
- Love is **community** (κοινωνία, communio)
- The beloved is another self (αλλος αυτος)
- „As somebody stands by him- or herself, he or she stands by the beloved.“
- A relation of co(r)-respondence in relation to the **totality of being**.  
(Augustinus Wucherer-Huldenfeld)
- **Con-dilectio** (shared love, co-love)

# PHILIA and psychotherapy

- Again: There are commonalities and differences of friendship and psychotherapy.
- Philia and therapy spring from a fundamental common We.
- Therapeutic relationships do not need to be mutual.
- Therapy is only a temporary community.



# AGAPE αγάπη



*"Certainly I would hope that agape is the driving force in our movement. It is certainly the ideal for which we aim."  
- Dr. Martin Luther King, Jr.*

# AGAPE ἀγάπη /1

αγαπαν

**Homer:** greet with affection

**Hellenic texts:** esteem, value, cherish, prefer  
(universal, unconditional love)

**Plato** (αγαπησις) : virtue of permanent  
preference of the good

‘ahab (**Hebrew**) אָהַב, אַחַב\_\_love, affection

- ab אב\_\_father
- ah אח\_\_brother

# AGAPE ἀγάπη /2

## Today's meanings

- love of God for humans
- love of humans for God
- love among humans (esp. charity)
- a love feast (Eucharist and meal thereafter)



# AGAPE ἀγάπη /3

## Bible

„God is love. (ὁ θεὸς ἀγάπη ἐστίν.)“

(1 John 4:8)

„Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.“

(Mt 22:37-40)

„You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, 'Love your enemies and pray for those who persecute you' “.

(Mt 5:43)

# AGAPE ἀγάπη /4

- Caring, saying yes to the other, **participate in God's love.**
- **Thomas Aquinas:** „to will the good of another“
- **C. S. Lewis:** „a love passionately committed to the well-being of the other“
- **„Universal love“**
- Agape is the only type of love that serves regardless of changing circumstances.
- **„Personal love“** – Love from person to person

# AGAPE and psychotherapy

- Rogers: UPR = agape
- Turn to the Other AND turn to wholeness
- Affirmation of the client AND affirmation of life
- To be in unity AND to be unique
- Agape is the only love that serves regardless of changing circumstances, always fully directed to the Other.

# Varieties of *one* love?

- There is love in different forms ...
- ... with commonalities and differences.
- **Eros** driving force, motivation
- **Storge** empathy, cantus firmus
- **Philia** mutuality, fundamental We
- **Agape** UPR, other-centered
- **Philautia** self-love  
no love without self-love

# Varieties of *one* love? /2

- Love is always bound to corporeity.
- Love to others always has to do with transcendence of oneself.
- Love is always about personalization.

→ Love is more than a matter of ethics,  
it is a subject of anthropology.

# 8

## Love in the PCA

# Love in the PCA - Authors

- Brian Thorne
- Dieter Tschulin
- Suzanne Keys
- Divine Charura & Stephen Paul
- et al.





# Love in the PCA - Rogers on UPR

“one of the key constructs of the theory”

“If the self-experiences of another are perceived by me in such a way that no self-experience can be discriminated as more or less worthy of positive regard than any other,  
then I am experiencing unconditional positive regard for this individual.”

(Rogers, 1959a, 208)

# Love in the PCA - Rogers on UPR /2

“... the client moves from the experiencing of him- or herself as an unworthy, unacceptable, and **unlovable** person

to the realization that he is accepted, respected, and **loved**, in this limited relationship with the therapist.

‘**Loved**’ has here perhaps its deepest and most general meaning — that of being deeply understood and deeply accepted.”

(Rogers, 1951a, 160)

# Love in the PCA - Rogers on UPR /3

“Positive regard means a kind of love for the client as he is, providing we understand the word love equivalent to the theologian’s term *agape*, and not in its usual romantic and possessive meanings.

What I am describing is a feeling which is not paternalistic, nor sentimental, nor superficially social and agreeable.

It respects the other person as a separate individual, and does not possess him.

It is a kind of liking which has strength, and which is not demanding.

We have termed it positive regard.”

# 9

## Personal love — the art of acknowledgment

# Acknowledgement

- Deliberately saying yes to the Other as a person
- Ac-knowledge-ment ap-preci-ates and ac-cepts
- The Other, not an alter ego
- Thou-I-Relationship
- Person (substantial & relational)
- Relationship is therapy, not a precondition for it
- Presence (being-with and being-counter)
- The fundamental We (community, universe)
- Encounter („being kept awake by an enigma“)
- Being a response out of response-ability

# 10

Is psychotherapy love?

# Is psychotherapy love?

Therapy is a unique form of love.  
I've termed it *personal love*.

# Is psychotherapy love?

- Needs careful training and further training.
- Needs adequate self-love.
- Needs social and political conditions and therefore the political engagement of therapists.



Do we dare to love our clients?

# FACILITATING HOPE

## Personal and societal challenges

13th PC&E World Conference  
Vienna, July 8 -12, 2018





**pca-online.net**

# **The Person-Centered Website**

**by Peter F. Schmid**