



APA Online Dictionary of Psychology: Dictionary Entry Fields

Social media share

client-centered therapy

Updated on 11/15/2023

a form of psychotherapy developed by Carl Rogers in the early 1940s. According to Rogers, an orderly process of client self-discovery and actualization occurs in response to the therapist's consistent empathic understanding of, acceptance of, and respect for the client's [frame](#). The therapist sets the stage for personality growth by reflecting and clarifying the ideas of the client, who is able to see themselves more clearly and come into closer touch with their real self. As therapy progresses, the client resolves conflicts, reorganizes values and approaches to life, and learns how to interpret their thoughts and feelings, consequently changing behavior that they consider problematic. It was originally known as **nondirective counseling** or **nondirective therapy**, although this term is now used more broadly to denote any approach to psychotherapy in which the therapist establishes an encouraging atmosphere but avoids giving advice, offering interpretations, or engaging in other actions to actively direct the therapeutic process. Also called **client-centered psychotherapy**; **person-centered therapy**; **Rogsonian therapy**.

Alternative name

Part of speech

inimical

Updated on 03/06/2026

adj. conditions, behaviors, beliefs, or consequences that are harmful, unfavorable, or adverse, particularly to psychological well-being, development, or functioning. Inimical environments and traits appear in psychoanalytic and developmental research to describe factors that undermine adaptive functioning or psychological development. In his [structural theory](#), Freud noted that the [superego](#) can become inimical to the [ego](#), imposing guilt, shame, and anxiety.

[from Latin *inimicus*, enemy, combining *in-* not, and *amicus*, friend]

Etymology

Cross-reference

existence

Updated on 04/19/2018

n.

1. being: the quality by virtue of which something is, and which distinguishes it from what is not.

2. in [existentialism](#), the concrete lived experience of human beings rooted in a concrete world, as opposed to a more abstract concept of a human being, such as an [essence](#). —**existent** *adj.*

Sense number

Derived word