

## Patient/Client-Centered Approach

The patient- or client-centered approach is a non-directive form of talk therapy, meaning that it allows the client to lead the conversation.

The key attitude of the therapist is one of unconditional positive regard and no judgment. The therapist is genuine in this approach, resulting in an open, empathic relationship, as well as a model for communication. The therapist can act as a sort of mirror, reflecting the client's thoughts and feelings back to them, to allow the client to better understand themselves.

Therapists who practice this approach see the client and therapist as a team of equal partners rather than an expert and a patient. Only the client can set effective and desirable goals for his/her life. The therapist can support the patient in exploring these goals.

As in many other approaches of therapy, the client centered approach aims:

- To facilitate personal growth and development
- To eliminate or mitigate feelings of distress
- To increase self-esteem and openness to experience
- To enhance the client's understanding of him- or herself

In Cystic Fibrosis, this therapeutic approach supports patients to understand their life with Cystic Fibrosis, its treatments and demands.