

## DOG-CENTERED THERAPY

I think I've learned more about being present as a therapist from dogs than Carl Rogers. Not as in Mr. Rogers neighborhood, the children's television show I watched as a child, but as in psychologist Carl Rogers. I've watched a few videos of Dr. Rogers, one of the founders of humanistic therapy, practicing the unconditional presence factor during my studies in graduate school. But nothing save my own healing journey prepared me for being a therapist as much as what I learned from dogs.

Effortlessly he was embodying all three of Carl Rogers's person-centered principles: empathy, genuineness and unconditional positive regard. Rogers wrote a famous therapy book titled, "Person-centered therapy". Oreo's book would be titled, "dog-centered therapy." Rogers, a master therapist in his own right, also wrote another book called, "Person to person: The problem with being human." Seems he was already onto the struggles of having two legs instead of four so I hope he won't be too offended from the grave if I measure his approach up against dogs. Like in the Rogerian approach, in Oreo's approach, dogs create a comfortable, non-judgmental [environment](#) by demonstrating [empathy](#) (penetrating eye gazes), [congruence](#) (genuineness) and unconditional positive regard(unconditional love) toward others while using a non-directive approach. They believe in letting others find their own solutions to their problems, a key trait as a therapist.

So my thoughts arise from a personal background like everybody else could have, but there is another dimension as well as licensed psychotherapist, I've learned to appreciate the dogs in my life as masters of therapy. When I look at my experiences with my treasured four legged pet and part-time pets