



Carl Rogers. Cómo alcanzar la plenitud (Spanish Edition)

Andrés Sánchez Bodas

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Carl Rogers es el primer psicólogo y counselor creador de una manera de comprender lo humano que trascendió el estrecho (aunque importante) marco de la ayuda interpersonal, legándonos una modalidad de relacionarnos que puede, si se extiende, facilitar que nuestro mundo sea mejor, más “vivable”. Para hablar o escribir sobre él, no sólo es necesario conocer y entender sus teorías acerca del funcionamiento humano, sino que es fundamental comprender vivencialmente su legado. Sólo de esa manera se puede transmitir quién fue como persona y qué nos dejó como profesional de las relaciones de ayuda (psicoterapia y counseling). Desde sus inicios como psicoterapeuta, siendo uno de los principales creadores del Movimiento Humanístico en la Psicología (la tercera fuerza de la psicología contemporánea), amplió su campo de acción, tanto profesional como teórico, hacia ámbitos sociológicos, laborales, organizacionales, pastorales, educacionales y político-culturales. Rogers escribió cerca de veinte libros, que han sido traducidos a la mayoría de los principales idiomas del mundo, y más de doscientos cincuenta artículos, además de realizarse cerca de doce filmes y varios videos sobre su trabajo, donde se lo observa en sesiones reales, individuales y grupales, completando una importante contribución al mundo científico humanístico. Este libro propone un acercamiento vital a la vida y la obra de un pensador fundamental de la psicología moderna.

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