

# Person centred care

## What is it and where are we going?

Matthew Low

Consultant Physiotherapist

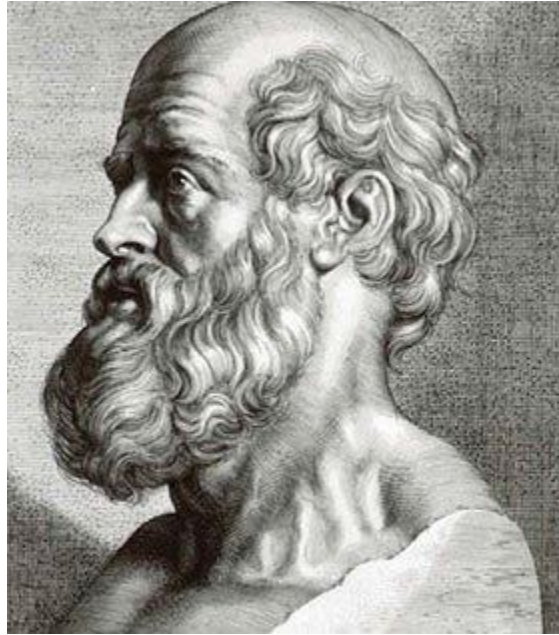
# Outline

Historical context...

Theoretical aspects...

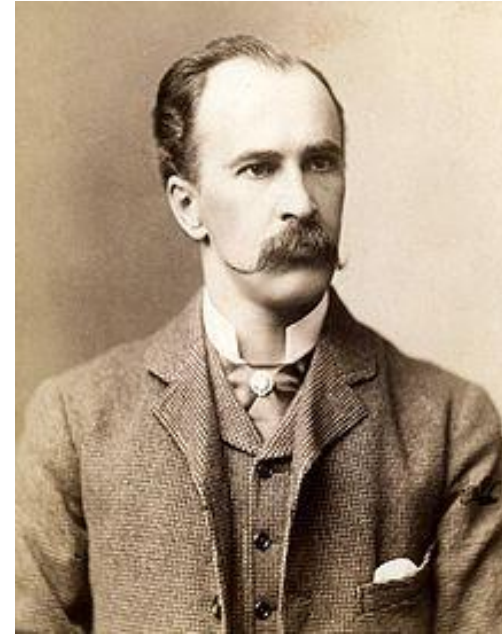
Philosophical considerations and debate...

The future...



“It is more important to know what sort of person has a disease than to know what sort of disease a person has.”

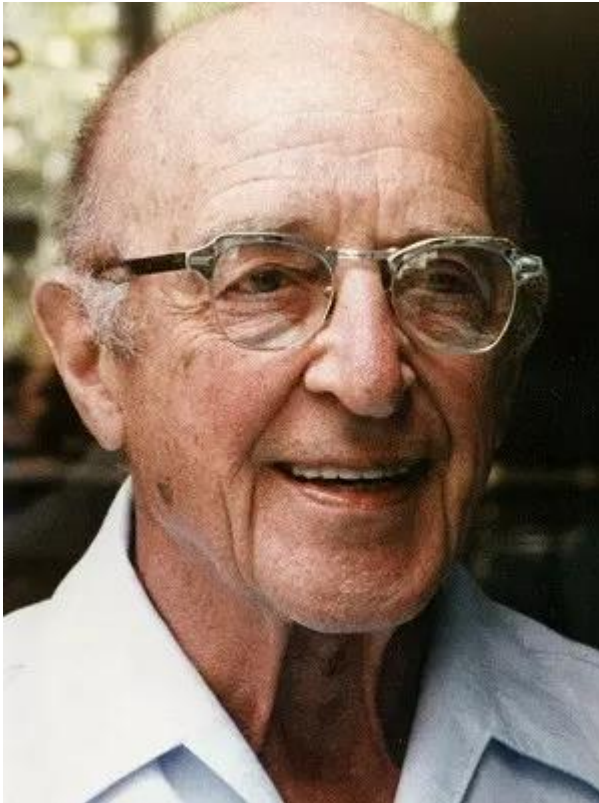
***Hippocrates***



‘The good physician treats the disease; the great physician treats the patient who has the disease.’

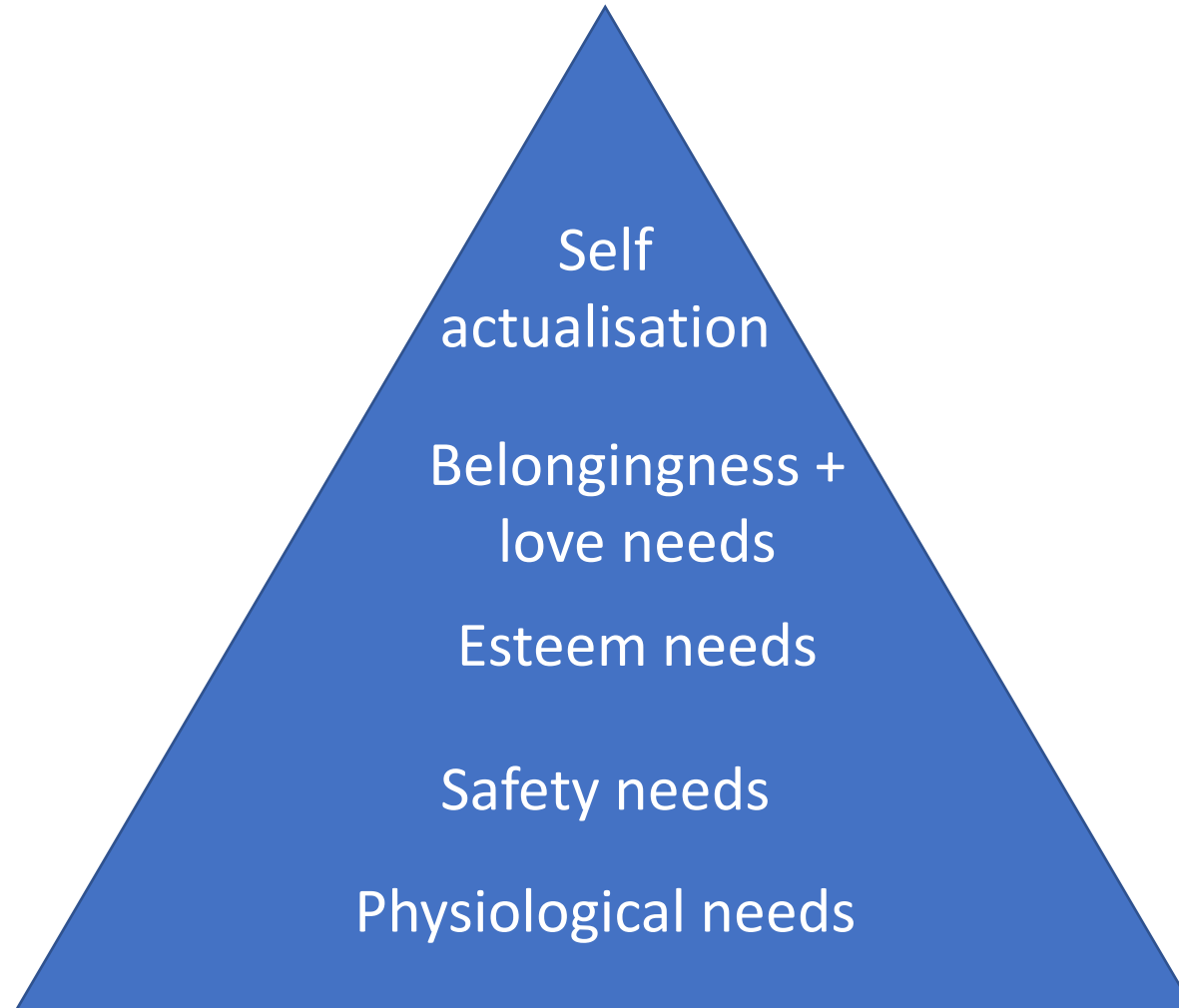
‘treat the (whole) person, not the disease’  
**Sir William Osler (1849-1919)**

# Carl Rogers – a pioneer

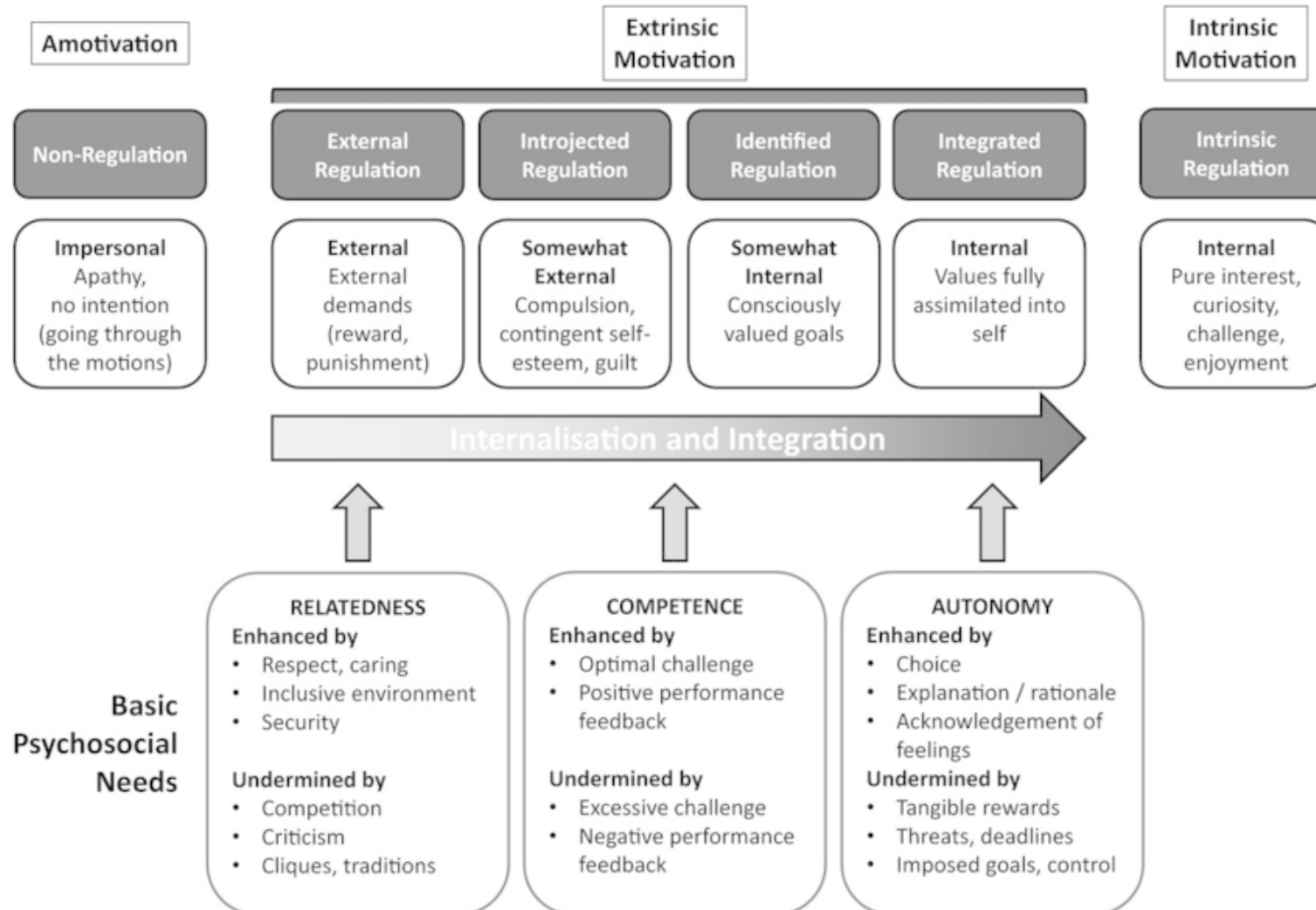


- Person-centred approach to psychotherapy
- Against the trend of care at the time
- Hypotheses toward self-actualisation
- Unconditional positive regard, empathy, suspending judgement, genuine value of the person
- One of the founders of positive psychology

# Hierarchy of human needs – (Maslow, 1943)



# Self-Determination Theory (Ryan and Deci, 1997)





# Philosophical considerations

Philosophical Assumptions



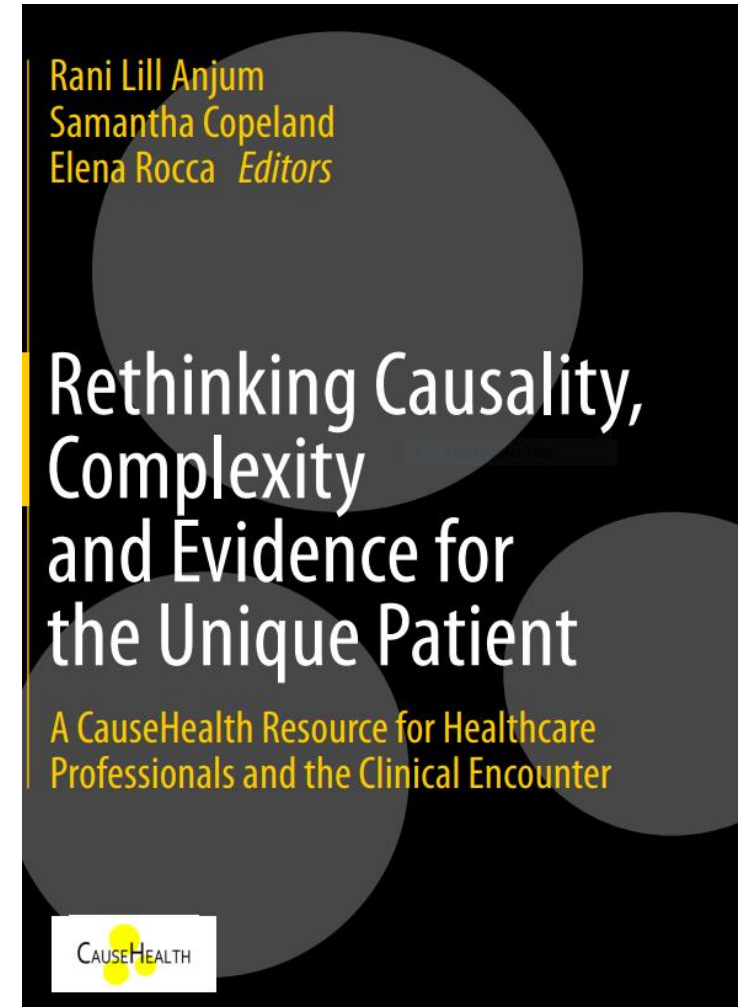
Norms



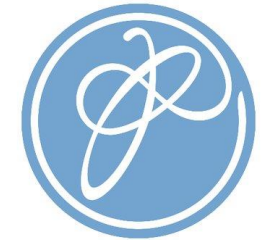
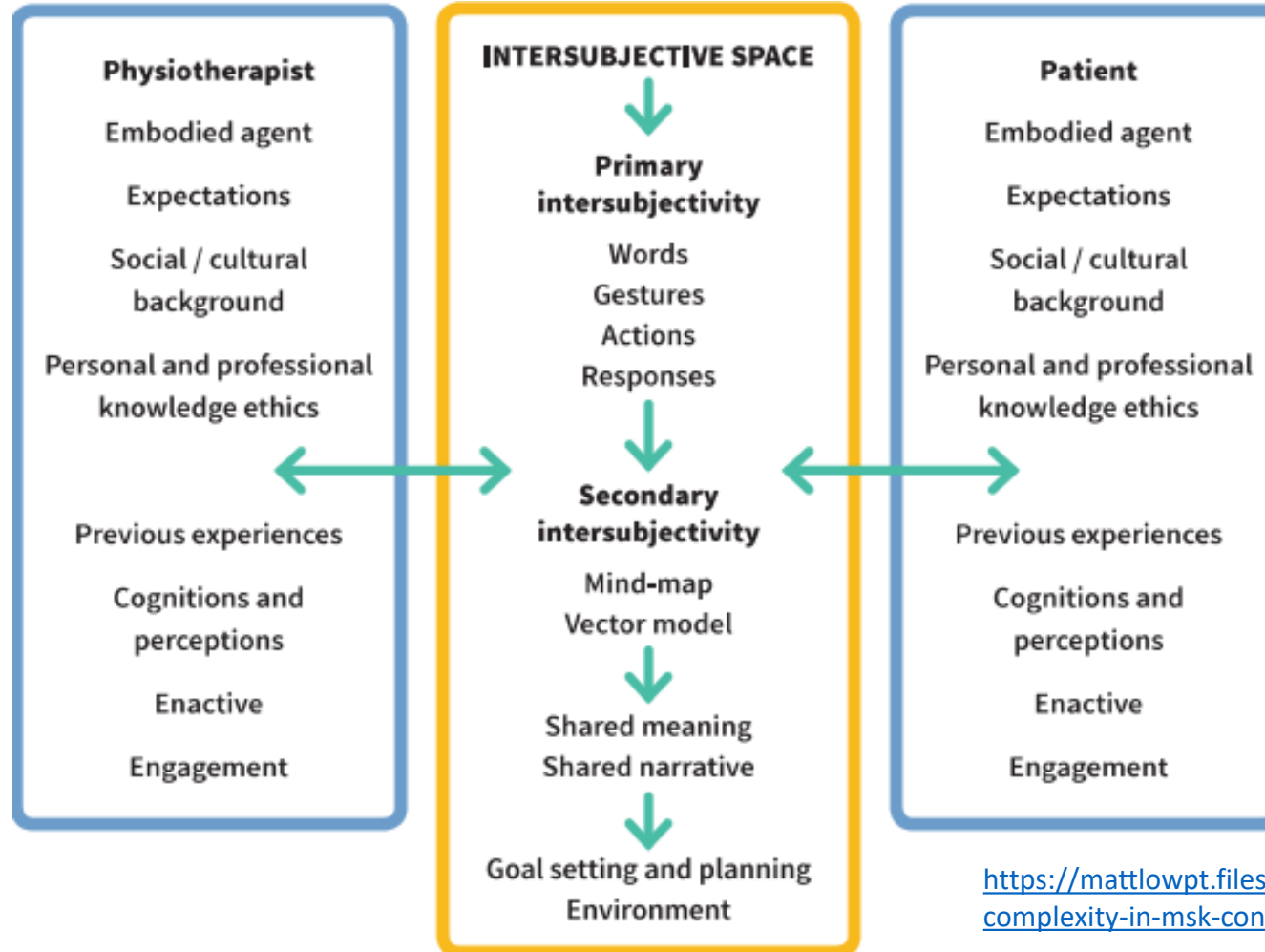
Methods



Practice



# Perspectives on person-centred care...

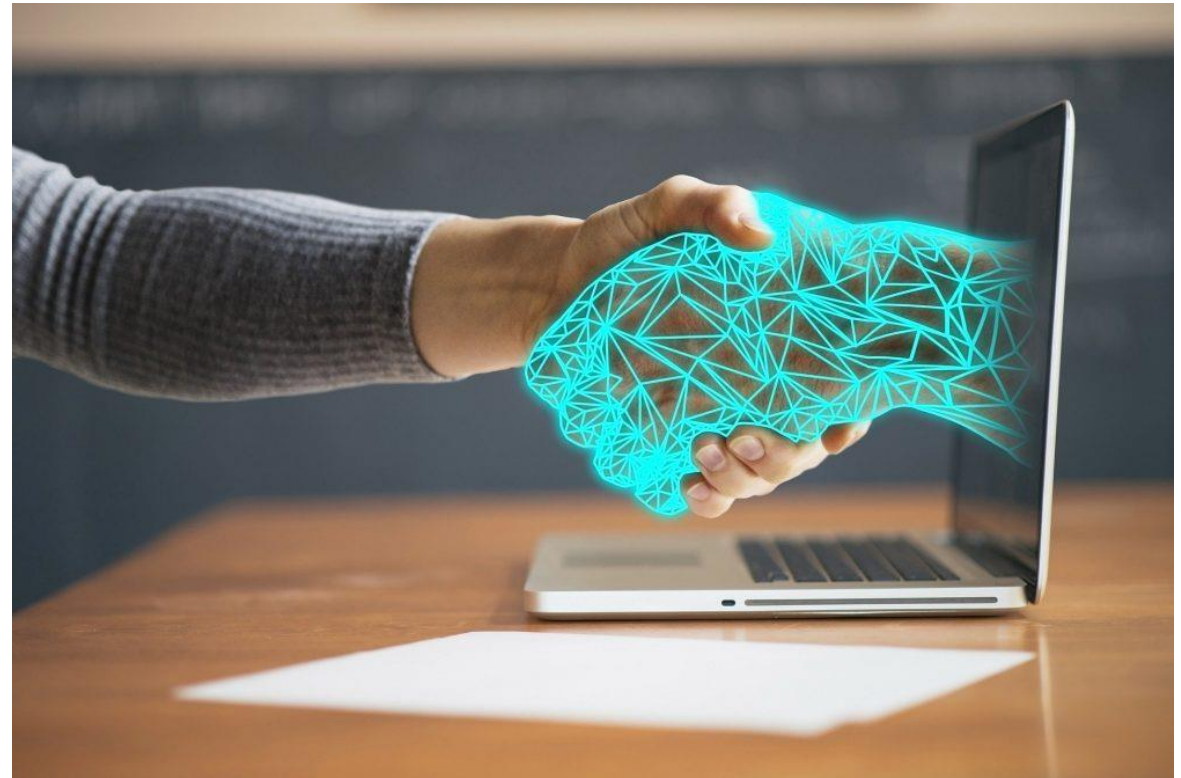




# Tensions in person centred care...



# The future of person centred care



Thank You

# References

- Anjum, Copeland, Rocca (Eds) (2020). Rethinking Causality, Complexity and Evidence for the Unique Patient. Springer International Publishing – open access.
- Low (2018) Managing Complexity. In Touch. Physio First. 164. 22-29.
- Maslow (1943) A Theory of Human Motivation. Psychological Review 50 (4) 370-396.
- Rogers (1951) Client-centred Therapy. Boston: Houghton Mifflin.
- Ryan and Deci (1997). Self Determination Theory and the Facilitation of Intrinsic Motivation Social Development, and Well-Being. American Psychologist. 55 (1) 68-78.