



INTROJECTED VALUES

- Introjected values are values that we adopt from others through the process of introjection. Feltham and Dryden (1993: 97) define introjection as ‘the process of taking representations of others, or parts of others, into one’s inner world ... Introjection is specifically concerned with the way in which people absorb aspects of their parents’ attitudes and values as introjects.’
- The concept of introjected values forms part of Carl Rogers’ [19 propositions](#) on the development of personality. Number 10 of these says (Rogers, 1951: 498): ‘The values attached to experiences, and the values which are a part of the self structure, in some instances, are values experienced directly by the organism, and in some instances are values introjected or taken over from others, but perceived in distorted fashion, as if they had been experienced directly.’

Rory Lees-Oakes (2016: [Podcast 14](#)) translates this into plain English as follows: ‘The values I attach to my experiences and how I value myself are based on my own experience but also include values taken and absorbed from others. I may be unaware of some of my values derived from others.’

- Merry (2012: 27) writes that ‘the self-structure consists both of experiences and the values attached to them. Some of the time, these values are experienced directly, but at other times experiences may become valued either positively or negatively because those values have been

absorbed (or introjected) from others, often in a distorted fashion, as if they had been experienced directly.’

- Person-centred counselling theory suggests that when the six necessary and sufficient conditions are present, the client ‘can relax enough to allow himself [sic] to become aware of his self-experiences and to integrate the evidence of his senses within his self-structure’ (Tolan, 2003: 110).

References

Feltham C and Dryden W (1993) *Dictionary of Counselling*, Whurr Publishers

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Tolan J (2003) *Skills in Person-Centred Counselling & Psychotherapy*, Sage