

Becoming a true professional requires much more than the acquisition of knowledge and methods; the growth of helpers is a process of personal becoming. It calls for the very personal construction of a complex system of beliefs capable of providing trustworthy guidelines to professional thought and practice. It calls for commitment of self to the process. People willing and able to confront who they are with clarity and honesty are much more likely to be able to help the persons they work with to do the same. (Arthur W. Combs)

....the self-concept is learned very largely as a consequence of the individual's interaction with the important people (*significant others*) encountered in the course of growing up. (Arthur W. Combs)

Generally speaking, there are two ways in which psychologists have approached the task of understanding human beings. One of these, the behaviorist view, looks at persons from the viewpoint of an outside observer. It interprets personality and behavior in terms of the forces acting on an individual and the responses these forces seem to produce. The other, experiential or phenomenological, approach seeks understanding of persons from an internal frame of reference—that is, from the viewpoint of the behavior, him- or herself. Observing human beings from each of these perspectives has produced a number of widely accepted theories, such as stimulus-response or behavior modification psychologies in the behaviorist view, or person-centered, perceptual, humanistic, or self-psychologies in the experiential frame of reference. (Arthur W. Combs)

Objective data has little relevance until it is refined and interpreted by professional judgement. (Arthur W. Combs)

Learning is the discovery of personal meaning. It happens inside people and cannot be accomplished without active involvement of the person. (Arthur W. Combs)

The capacity to be empathic is not a rare esoteric art. (Combs)