

The following study entails an exploration of Carl Rogers' Core Conditions (1957) in researching a dissertation question, "How might the Core Conditions (Rogers 1957) support a pre-therapy phase enough to enable a client to form a long term therapeutic alliance?"

The research used is by means of a qualitative heuristic method. The literature reviewed is discussed in relation to a retrospective exploration of a present case history. The conclusions found that Rogers' Core Conditions play a vital role in supporting any Psychotherapy discipline. The implications of this research suggest, when therapists offer a pre-therapy stage to clients, how essential the Core Conditions are in influencing the client to contract a long-term therapeutic alliance.