

ABSTRACT

This case study is a longitudinal exploration of therapeutic work carried out with one client over a period of twenty months. The study is placed in the context of my personal experience and professional identity.

My special interest lies in the area of domestic violence, specifically in working with women who are recovering from being in an abusive relationship. The work I describe in this study is one such example. I explore in detail the extent of the client's injury in the middle (or working) phase. At the time of writing the work is on-going however the client now exhibits a much improved personal awareness and autonomy together with a shift to a more internal locus of control.

I personally and professionally learnt a lot from conducting this study, especially during the period when I was taping the sessions in the middle phase of the work. The strength of the therapeutic relationship has enabled the client to recover despite my "mistakes". I conclude that my ability to offer the person-centred core conditions was enhanced by my personal experience and development. In turn, this gave the client sufficient space for her determination (and actualising tendency) to generate recovery and growth.