

## ABSTRACT

The following study involves an exploration of Carl Rogers' Core Conditions (1957) in order to research the question:

'How effective are Rogers (1957) core conditions in establishing an initial therapeutic alliance and engagement with self and therapy?'

A qualitative and heuristic research method (Moustakas 1990) was employed in order to develop an in-depth understanding of the issues implicit in the research question. The literature discussed in relation to a retrospective exploration of a previous case history. The conclusions found that Rogers' Core Conditions play a vital role in supporting psychotherapy particularly in the initial stages of building an alliance with a client before moving into a contractual therapeutic relationship. The implications of this research suggest that the Core Conditions are essential in encouraging confidence in the client therefore positively impacting their willingness and choice to engage in a long term therapeutic alliance.