

ABSTRACT

In this study I critically evaluated Person-Centred and Humanistic literature on diagnosis and developmental theory. I outlined the Humanistic Person-Centred Therapist's core beliefs and explored modern integration of non-humanistic theory into humanistic therapy.

I argued that an understanding of diagnosis is imperative in order to work safely, effectively and compassionately with clients whose patterns fit into the category of "borderline".

I also put forward that working holistically includes understanding developmental issues. I emphasized that clients with borderline patterns present with developmental needs and that Humanistic Person-Centred Therapists can extend their UPR and empathy by meeting these clients where they are developmentally.

I illustrated this approach in a single Case Study.