

Abstract

This study explores the necessity of congruence. A single case study, that describes the therapeutic relationship between Kathryn and myself, using a Humanistic Person-Centred approach, is presented and explored in the light of the literature reviewed.

The creation and formation of an open and honest therapeutic relationship is explained and the significant changes which resulted from the effect of greater congruence between us, during the phases of therapy, is explored.

My personal capacity and willingness to be congruent with Kathryn meant that I had to face both my positive and negative feelings towards her and this gave me a greater understanding of what was happening in the relationship.

The conclusions I have drawn, within the limitations of my study, were that congruence and transparency on the part of the therapist are crucial in forming an effective therapeutic alliance with a client who presents with past failures in relationships with significant others.