

## ABSTRACT

This Case Study refers to work with a client 'Billie'. It demonstrates my work using the Humanistic Person-centred approach, incorporating existential and phenomenological methods, which emphasise the discovery of one's truth. My understanding of the theory allowed me to create the conditions within our therapeutic relationship for Billie to explore and work on her appalling sexual abuse. This was despite my awareness of my culture-laden tendency to deny and minimise the abuse.

I believe in the concepts of 'self-actualisation' (Maslow 1967) and the 'fully functioning' (Rogers 1957a) individual, and intuitively that there was some kind of order in the healing process. Research led me to the 'Healing Task Model' (Kepner 1996).

This model shows that healing is possible, given sufficient support. A safe but challenging environment where survivors can claim a new self, transcending the helplessness, shame and humiliation of childhood experiences. Healing is not about the healing of wounds but more about growth and development. This work with 'Billie', provides the developmental needs denied in childhood. Healing is contextual it involves all aspects of the clients life, therapy, home, work and relationships with all these facets of life.

This healing process allows the client to focus on transcendence, allowing meaning to emerge in relation to the past and hope to enter for the future.