

ABSTRACT

Client centred and transpersonal psychotherapy emerged at about the same time and came from similar origins i.e. third-force psychology which was humanistic and had a much more positive view of human nature than the behaviourists and psychoanalysts had. Client centred and transpersonal psychotherapists believed that at their centre human beings are innately good, whole and healthy and that they have an innate drive towards growth and self-realisation. Regardless of the similarities two seemingly different approaches to psychotherapy developed.

Following a heuristic methodology, data generated from a single case study, in which transpersonal and humanistic psychotherapy have been integrated, an effective clinical approach was demonstrated and gives rise to argument for further study into this form of integration.

This study illustrates that the influences of transpersonal psychology might well be evident in the work of Rogers, both from a covert spiritual emphasis and also in a more overt way in his work on the seven stages and particularly the last and seventh stage describing the fully functioning person. Furthermore, the study shows that a greater integration of elements from the transpersonal approach, philosophically, theoretically and clinically, could well be integrated and benefit the client centred approach.