

# Abstract

This dissertation/case study describes significant aspects and key episodes within a therapeutic relationship between a chosen client and myself, as a humanistic person-centred psychotherapist, from its conception through to its end. Written with myself as the focus rather than the client, I aim to demonstrate my theoretical understanding and an ability to integrate theory and practice. I define my philosophical stance, describe the context in which I practice and how I work within an ethical framework, whilst utilising internal and external support to facilitate the client's process. There is a specific focus on the psychotherapeutic concept of congruence (Rogers, 1957, 1959), which is explored and critiqued.