

## ABSTRACT

In this work I describe my professional self-portrayal followed by a brief exploration of my philosophy as a humanistic person-centred counsellor. This leads on to a discussion of intimacy within the therapeutic relationship in which I suggest that the necessary and sufficient conditions (Rogers 1957 cited in Kirschenbaum and Land Henderson 1990) provide an environment that facilitates intimacy. The latter is seen to be an indicator of therapeutic progress within humanistic person-centred therapy (Feltham and Dryden 2004). Accurate symbolisation is an important part of health because it enables the individual to acknowledge all of their experiences rather than deny or distort them (McMillan 2004).

In reviewing the literature on intimacy I began to realise that this term is already incorporated within person-centred literature and is described as “relational depth” (Mearns 1997). I found this particular concept supported my clinical experiences of intimacy with clients.

Eve is introduced as the focus of the case study. Themes throughout our work included issues relating to separation, self-esteem, and trust. My hypothesis suggests that, if the client experiences a relationship based on the necessary and sufficient conditions (Rogers 1957 *op. cit*), then therapeutic personality change can occur.