

Abstract

In the first chapter of this dissertation, I describe what being a humanistic person-centred practitioner means to me philosophically, theoretically, personally and in practice. In this section I discuss which elements of humanistic and person-centred theory I use, and how I integrate some of the many and diverse elements of this theory. Included in this section, is my conception of the therapeutic process and my understanding of the client's relational difficulties from a humanistic/person-centred perspective.

In chapter two, I describe the context of my work in a professional capacity and especially as a humanistic/person-centred practitioner. In this section, I have included the client population worked with and presenting difficulties, use of personal therapy and supervision, working with diversity, making referrals, and areas I would like to develop.

Chapter three focuses on my special area of interest which is an exploration of satisfaction as a desired outcome of psychotherapy. The concept of satisfaction emerged out of the two years of therapeutic work undertaken with my case study client. In this section, I explore various aspects of satisfaction before considering satisfaction within the context of therapy.

Finally, in chapter four there is a presentation of a case study which is representative of my practice as a humanistic/person-centred practitioner. The case study is a reflection of my work as a practitioner, together with a consideration of how the theme of satisfaction has proven to be an integral aspect of the therapeutic process.