

Abstract

This dissertation/case study begins with a brief summary of those aspects of early personal and professional history which have formed my development as a Humanistic/ Person- Centred Psychotherapist. My practise is described in terms of ethics, environment and client base. The breadth and depth of theoretical studies are demonstrated, concentrating in particular on the 'creative use of the therapist's body' within the client process. Theory and practise are integrated. Client confidentiality has been protected in line with UKCP guidelines. The case exploration introduces the client's presenting issues and process and my initial reactions to them. The quality of contact is assessed and possible parallel process considered.

However, the case study does not exist in a vacuum; the client's journey has been an accompaniment to a voyage of discovery for me as a psychotherapist. I have experienced a rich inter-weaving of stimuli from my personal therapy, training and supervision. The therapeutic relationship has also been a source of learning for me, both in a professional and personal sense. Paradoxically, through developing empathy and unconditional positive regard (Rogers 1957) towards the client, the therapist's own sense of 'self' is strengthened.