

Abstract

In this case study I critically evaluated how using a Humanistic Person-Centred approach to working with a borderline process is effectiveness in healing a client. A review of the literature regarding different approaches and various theories on the borderline process is also presented and discussed in relation to my findings and experience. I have also demonstrated how the link between the Person-Centred approach and psychopathology can be of benefit in working with a client holistically. Whilst also researching how a borderline process develops and the style of process one can develop as a result.

The case study describes the relationship between myself and the client, her journey through therapy with all of its intricate twists and turns and how healing process created a new sense of self.