

## **Abstract**

This phenomenological research explores the changes that occur for the client in the relationship with their therapist, following the repair of a near rupture to that relationship/alliance.

Having reviewed the relevant literature and existing research, I realised that there was a plethora of research on the alliance, but there was a gap in the research about how the client experiences rupture and repair to the relationship.

This phenomenological study includes interviews with ten participants, all of whom had experienced near ruptures and subsequent repairs to the therapeutic alliance and gives their accounts of subsequent changes to the relationship with their therapist. My findings suggest that there is considerable value in recognising a near rupture and repair.

My study comes to the conclusion that there are benefits to exploring ruptures in the therapeutic alliance. This is consistent with my review of the literature relevant to this subject.