

Abstract

My dissertation comprises three pieces of work which all link together to make the full dissertation.

I have included a description of my own professional practice, working as a *humanistic, integrative, and relational* therapist, which also meets requirements of the British Association for Counselling and Psychotherapy.

A literature review which is based around trust in the *therapeutic relationship* and how this is achieved. Within this, I reviewed various pieces of literature, which included books, journals and research pieces, from not just, only *person centred* schools of thought but across differing modalities, this topic is of interest to me both personally and professionally. Finally a clinical case study, of a client from my clinical placement, where I have been in practise for eighteen months.