

ABSTRACT

This dissertation looks at the therapeutic use of touch. It includes my professional designation and personal philosophy, which outlines my theoretical approach and the theories I integrate. The literature review on the therapeutic use of touch covers touch in human development, historical and theoretical origins, the rationale for the use of touch, when touch is appropriate and some recent research findings on the use of touch in psychotherapy. The case study looks at the counsellor/client relationship, and phases of therapy, including a key episode, and moments where touch has been part of the therapeutic relationship.

Word Count

11,168 with refs

10,706 without refs