

Abstract

This dissertation explores the concept of 'Relational Depth' in the field Humanistic and Integrative Psychotherapy. The aim has been to focus on 'Relational Depth' and explore the common ground between other theories in the Humanistic and Integrative field.

As 'Relational Depth' is still a relatively new concept the research material available was limited but still enlightening. I included broader research material both past and present with the broader terms of 'relationship' in general.

In this dissertation I aim to show how 'Relational Depth' and other similar concepts of 'relationship' underpin my work with clients in clinical practice and facilitate therapeutic change.