

Abstract

The focus of this dissertation is Unconditional Positive Regard (Standal 1954; Rogers 1957) as the healing element of the therapeutic relationship for a Humanistic Integrative Therapist. The motivation for this study was my own experiences of the healing abilities of unconditional positive regard in therapy, supervision and with my clients. The description of professional practice introduces my therapeutic philosophy present throughout this document. The literature review explores the origins and development of the concept of unconditional positive regard. The review questions if the acceptance of the client is an expression of agape or unconditional love and whether this loving can be measured. It goes on to reflect on the experiences of unconditional positive regard from the client and a societal perspective. The case study demonstrates how the consistent application of unconditional positive regard can facilitate the healing within a relationship. This healing is present through greater psychological contact, deepening of the therapeutic relationship and the client's greater contact with the self towards a positive therapeutic change.