

Abstract

To be human is to be in relationship with other people.

Within healthy relationships there is an opportunity for growth and the realisation of our innate potential. But what constitutes a healthy relationship?

This study explores relational needs and their relevance in the context of a humanistic and integrative approach to psychotherapy. The extent to which unmet needs can lead to psychological dis-ease will be explored. In addition, the relevance of meeting unmet needs within a humanistic and integrative psychotherapy will also be explored, and important constituents of healthy relationships will be identified.

This study comprises a review of the literature around relational needs, and reflections on a therapeutic relationship in the form of a clinical case study.

Whenever *italics* are used within this text, a corresponding definition will be found in the glossary which begins on page 42.