

## **Abstract**

This dissertation explores configurations of self from a humanistic and integrative psychotherapy perspective. The inspiration for my chosen subject derived from my personal development and growth, gained from the discovery of my own and my client's configurations of self.

This document includes a description of my professional practice that details my beliefs and philosophy both personally and professionally, which is evidenced throughout this portfolio. The literature review delves into the history and development of configurations of self within the field counselling and psychotherapy and follows through to more recent research. Finally, the case study illustrates my clinical work which is underpinned by my philosophy and description of professional practice.