

Abstract

The focus of this dissertation is to demonstrate how the Humanistic and Integrative Counsellor's Therapeutic Use of Self facilitates client psychological growth. Five elements are considered; presence, authenticity, phenomenology, secure base and countertransference. The Description of Professional Practice states my personal philosophy; and is integrated through out this study. The Literature Review explores countertransference phenomena from it's origins to more contemporary writing; questions are raised as to how the counsellors countertransferential responses can be managed and used therapeutically. The case study demonstrates how the therapist's use of self can facilitate client psychological growth.