

Abstract

This dissertation looks at what a therapist might bring to the therapeutic relationship and how a therapist can use themselves for the benefit of a client. I outline my personal and professional philosophy as a Humanistic and Integrative therapist, indicating which theories I draw on and how I believe change takes place. In my literature review I look at the historical role of the therapist and qualitative research into attributes possessed by therapists. I then look at the therapeutic intent of the transference relationship, as an example of a therapist's use of self. My clinical case study demonstrates how these theories are applied and how my use of self and therapeutic intent in the relationship leads to change and elements of self actualisation.