

ABSTRACT

The aim of this dissertation is to demonstrate my learning and development as a trainee Humanistic and Integrative therapist and how I practice ethically and safely making appropriate use of supervision, ethical principles and personal therapy to guide my work and self-reflection.

To that end, a rationale for practice is presented that outlines my personal philosophy and the theory that underpins my work as well as the professional context within which I practice. A literature review is presented which provides an overview and summary of how psychological contact is considered within the Humanistic and Integrative literature before focussing on where in the literature contact and Attachment theory find common ground. Finally, my case study aims to evidence my rationale for practice whilst also drawing on my literature review to demonstrate how I work with contact and attachment.