

## **Abstract**

In this dissertation I look at the rationale for my Humanistic beliefs and the theories I chose from modalities outside the Humanistic tradition which inform my understanding of the relationship between my client and I and the way I can use myself in that relationship. I show the outcome of a review I have undertaken on the literature about the importance of the right hemisphere of the brain in the therapeutic endeavour. I focus on right brain to right brain communication, Affect Regulation and Integration. Finally I show some of the ways I integrate all this by looking at one of my clients and the relationship that is developing between us.