

Abstract

I present my rationale for practice from a humanistic and integrative perspective. My rationale for integrating other theories is described; which simply put is to enhance interpsychic and intrapsychic contact and promote change. The literature review explores the therapist's somatic experiencing within the therapeutic relationship. Concepts such as countertransference and embodied empathy are defined and detailed in order to gain a deeper understanding. The focus is upon exploring the therapist's somatic experiencing from a humanistic perspective which reflects my philosophical approach. The literature review demonstrates that somatic experiencing can be used to inform the therapist, and increase both empathy and attunement. However, the psychoanalytic aetiology and developments of countertransference are important and informative. The case study I present explores the beginning and middle stages of working with a client, considering processes, theory, ethics and therapeutic intent.