

Abstract

Humanistic therapy has often struggled to conceptualise and address difficult client process due to its principles of non-labelling and the belief that contact is a necessary condition for psychological change. In particular relation to schizoid process, I will discuss how Humanistic and Integrative practitioners have borrowed from psychoanalytical language to facilitate working with contact-impaired clients in ways that are consistent with Humanistic ideals and approaches. I will also discuss the merits of understanding the broad person-centred concept of 'fragile process' in conjunction with developmental theory as an alternative to schizoid process, the similarities highlighting that any dilemma posed is semantic rather than ideological. When integration of theories is relationally focused and based on fulfilling rather than interpreting needs it is consistent with Humanistic philosophy. I will argue that it is through awareness of specific unmet relational needs inherent in schizoid process, that the therapist can provide the correct reparative relationship essential for establishing contact. Not only is the Humanistic approach compatible to working with this kind of difficult process, it is ideally suited, based as it is on empathy and acceptance, with a grounding in the here-and-now.

(188 words)