

Abstract.

My aim in this study is to explore the topic of relational needs in humanistic and integrative counselling and psychotherapy.

Having become aware, through training and personal therapy, that my relational needs are important and essential to real relationships, I can see and feel the impact of unmet needs in my clients.

Relational needs are 'the needs that grow out of human interaction and, conversely, feed and nurture the interaction. They are what I need and want from you when I am in relationship with you.' Erskine, Moursund and Trautmann (1999:122).

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An exploration into relational needs in the context of humanistic and integrative counselling and psychotherapy.