

ABSTRACT

This dissertation explores the concept of relational depth in humanistic and integrative psychotherapy. I examine and evaluate its reparative nature in my clinical practice and in my experience as a client.

Through an extensive literature review, historical origins and current research articles are discussed.

The research shows some evidence that an experience of relational depth is linked to positive therapeutic outcomes which is reflected in the study both from the client's and personal perspective.

At a time when much emphasis is placed on measuring therapeutic outcomes and task oriented aspects of therapy, this work illustrates the importance and value of emphasizing relational aspects whilst identifying some of the challenging yet worthwhile current research on this subject.

117 words