

## **Abstract**

From its Freudian origins to modern neurological research, our understanding of what happens in the unconscious experience has evolved. The underlying aim of this dissertation is to explore the significance of unconscious phenomena. I specifically focus on the manifestation within the therapeutic relationship, conceptualised as 'transference' and in the therapist's reaction as 'countertransference'. Committed to the quality and efficacy of my professional development, I consider its relevance to Humanistic and Integrative psychotherapeutic practice.