

## Abstract

I present my rationale for practice both from a humanistic and integrative stance, valuing autonomy and uniqueness of the relationship. The literature review explores the body as a healing source within the therapeutic relationship; working with women survivors of abuse, exploring integration of concepts such as focusing, bodily process, creative movement and somatic experiencing. The case study acknowledges that validating the body in the therapeutic relationship whilst working with trauma is beneficial for the therapist and client, increasing awareness of self, enhancing movement and change, strengthening the therapeutic alliance whilst increasing sensory awareness and emotion.

Word Count: 96