

ABSTRACT:

This dissertation is a statement of my theoretical, clinical, professional, and personal beliefs about where I stand today in relation to my humanistic and integrative psychotherapeutic training, at the end of my Bachelors degree. It includes my choice of what to incorporate within my humanistic integrative stance, my beliefs about how therapy works, my examination of how neuroscientific knowledge increasingly informs and underpins my clinical work, and critically examines my work with a client, showing how I've put these beliefs into practice. It's a summing up of everything I've learned over the last three years.

(98 words)