

## Abstract

This dissertation includes my rationale for humanistic and integrative practice to psychotherapy, which consists of my philosophy and fundamental beliefs that underpin my clinical practice. The literature review encompasses an overview of affect regulation and the implications of working therapeutically with clients exhibiting low affect, followed by an evaluation of two texts that have been significant to my professional endeavours as a trainee psychotherapist. My case study provides an account of my case and demonstrates the practical application of my skills and knowledge upon encountering low affect in my clinical work with this particular client.