

## **Abstract**

In this work, I aim to provide my humanistic and integrative rationale for practice. It focuses on my beliefs, theories and professional standards. I study imagery, an area of interest from my practice, within a literature review, looking from a historical perspective through to development. Finally, linking to my literature review, I provide a clinical case study, based on my client work; reflecting on my own thoughts, feelings and interventions, whilst noting my client's processing within our therapeutic relationship.

(80 words)