

Abstract

This dissertation explores the use of touch and how it may be used to enhance contact and facilitate change and growth within the therapeutic relationship.

The dissertation comprises three parts:

Firstly I outline my personal philosophy and provide a clear description of the theories I draw upon from a humanistic and Integrative perspective, and describe the professional context in which I work.

I will then explore some of the literature that has been written on the issue of touch from a humanistic and integrative perspective. This begins from the historical and developmental roots of thinking, through to the most recent writings.

Finally, my case study demonstrates my clinical practice as a Humanistic and Integrative practitioner. It reflects how my use of touch was seen as both 'a mistake' and 'an invaluable intervention' as the therapeutic relationship developed.