

Abstract

This piece of work explores the phenomena of relational depth within the therapeutic relationship. The key areas of exploration focus on the definition of relational depth from a person-centred approach, discusses other approaches that describe the same phenomena under a different terminology and looks at evidence towards whether moments of deep encounters between client and therapist promote and facilitate change and growth for the client. Evidence is explored throughout a literature review and case study. In summary the evidence shows that the phenomenon of relational depth is a coming together of other concepts that describe moments of deep encounters within the therapeutic relationship. Evidence also shows that moments of deep connectedness within the therapeutic relationship can have the potential to promote change and healing within the client. Evidence also shows that moments of deep contact within the therapeutic relationship can have a negative impact on the therapeutic relationship and on the client's healing process.