

Abstract

This dissertation explores *attending to relational needs by working with unconscious processes*. My interest in this area has grown during training and clinical practice. In the Rationale for Practice, I give my personal philosophy as a Humanistic and Integrative therapist, and highlight the theories I use which demonstrate how change occurs in the therapeutic relationship. The Literature Review provides an overview of theoretical contributions to my area of interest, as well as a review of some particularly relevant Humanistic and Integrative texts. The Case Study demonstrates how I develop and maintain a therapeutic relationship, and how my philosophy and theoretical framework supports and guides my clinical practice.