

ABSTRACT

The study is based on looking at the client and the therapist culture and how it facilitates change in the therapeutic relationship. The research is based on a case study methodology. The rationale for practice illustrates my humanistic and philosophical beliefs in working as a counsellor. The literature review aims to provide a definition of culture and ways of working transculturally. The case Study examines the therapeutic relationship .The conclusion suggests that culture is important in attempting to understand the client, but perhaps most importantly, therapists should attend to the working alliance. Empirical approaches to research in transcultural counselling suggest that suitable strategies are still to be discovered and methodological advances are still at a premature stage.