

ABSTRACT

This dissertation uses a case study methodology to explore the concept of unconscious phenomena, specifically selfobject transference within a Humanistic and Integrative model.

Motivated from my own subjective experience as a trainee counsellor struggling to understanding how to recognise transference and countertransference and it's impact within the therapeutic relationship, the literature review looks at how unconscious phenomena has progressed from it's Freudian psychoanalytic origins via Kohut's Self Psychology to becoming a concept that can be readily integrated within a Humanistic and Integrative model.

The case study demonstrates how selfobject transferences can reveal the unmet relational needs of the client, and how working within a Humanistic and Integrative model provides the necessary therapeutic environment for these transferences to develop and be re-experienced more positively.