

Abstract

This dissertation is an exploration of the humanistic integrative therapeutic relationship on the sense of self. The sense of self is essential for physical and mental wellbeing. Help is pursued where senses of self are distorted, fragmented or unstable. The therapeutic relationship is one such place where help is sought. Thus questioning the impact of the relationship on the sense of self is imperative. This dissertation will show the impact of the relationship on the sense of self and concurrently the compatibility of the humanistic practise with other theories.