

ABSTRACT

Martin Buber's 'I and Thou' (1937) is a deeply philosophical and intensely religious work. Gestalt psychotherapy's dialogical principle is rooted in Buber's anthropology and although God is not its focal point, the spiritual dimension contained in Buber's writing is apparent nonetheless. This dissertation considers how Buber's 'I and Thou' concept can be authentically integrated into clinical practice by the Humanistic and Integrative practitioner. Through the presentation of a Rationale for Practice, Literature Review and Case Study, the dissertation examines Buber's 'I and Thou', and the work of other theoreticians, who have drawn on his work, focusing on the dialogical aspect of the psychotherapeutic encounter, which holds the *meeting* between therapist and client as central to healing. It shows that the relational qualities that emerge from Buber's 'I and Thou', and the dialogic attitude derived from it, can exert a powerful influence when meaningfully and authentically integrated by the therapist, leading to a deep relational encounter, healing, and therapeutic change.

(160 Words)

An Exploration of Buber's 'I and Thou' and its Implications for the Humanistic and Integrative Practitioner

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