

ABSTRACT

The following dissertation is written in three parts. The first part consists of a description of my philosophy and rationale for practise, this will include how I think change occurs highlighting which of the humanistic and integrative theories that I include in my work and my reasons for doing so.

The second part consists of a literature review looking at what has been written about the importance of supervision in supplying self-care within the therapist. I will highlight any gaps in the literature. What will then follow is a case study which will explore my work with a client highlighting the need for supervision within this client work.