

Abstract

The aim of this dissertation is to demonstrate my development and understanding as a trainee humanistic and integrative therapist. I will evidence ethical and safe practice incorporating use of clinical supervision and personal therapy; to how personal and professional reflections have attributed to becoming a reflective and conscientious therapist. I will provide an introduction with background information that will inform the reader of my chosen area of study demonstrating the multifaceted nature of resilience. This will be followed by a rationale for practice that will outline my personal philosophy and theories that I draw from including the professional framework that forms the basis of my practice. A literature review will deliver a critical analysis of psychological resilience drawing from a variety of sources; I will then focus on how it is considered in humanistic and integrative literature. This will highlight common ground linking together resilience theory, attachment theory, and the humanistic integrative therapeutic relationship. Finally my case study aims to evidence my rationale for practice, safe and reflective approach, skills and interventions. I will demonstrate an awareness and sensitivity to the impact of early life experiences; to the crucial formation of healthy resilience impacting the client and the therapeutic relationship. A conclusion incorporates my personal reflections and findings.