

## ABSTRACT

This dissertation seeks to address the issue of the effects of empathically engaging with clients as a humanistic and integrative therapist. Furthermore, it looks at self-care strategies that can be implemented by the therapist, whilst caring for others. It has been done using a case study methodology.

In the rationale for practice, the personal philosophy of the author, the changes that may be achieved through therapy and future aims are described.

The literature review on 'vicarious trauma and self-care as a humanistic and integrative therapist' puts vicarious trauma in the context of other types of secondary trauma. The mechanics of what it is, how it occurs and how to ameliorate damage as a therapist are further explored.

A case study shows the author's relationship as a humanistic and integrative therapist with the client, the striving for empathy as the client explores the cumulative trauma of her childhood, and the avoidance of any negative impact, consequently leading to positive growth, for both client and the therapist.

The dissertation finishes with a conclusion, which shows what the author has learnt through this process and what her plans are for the future.