

Abstract

The focus of my Dissertation is to show my use of self as a Humanistic and Integrative therapist in my practice and how I feel it can facilitate personal growth within the client. I state how my personal philosophy effects my reason for integration of other theories and I have researched the use of self and how you can then see where I have used those within my case study. My literature review covers a wide range of theorists from many different backgrounds, but have all influenced my practice and has helped me formulate the therapist I have become and am looking forward to more study and personal growth which I do not believe ends here with this Dissertation.

Word count: 123