

Abstract:

This piece of work centres round the mystery of self. Much has been written about it already; what it consists of, how it is formed and how we as individuals; and as therapists, engage with it.

The contents are split into parts; something which one will see becomes very relevant as the work unfolds. The first looks at my beliefs and approach as a practitioner; the next outlines some of what exists in literature about the above; and finally, the last ties it all together in the form of a case study.