

## **Abstract**

This dissertation, which uses a case study methodology, has explored how the use of metaphors in Humanistic Integrative counselling and psychotherapy impacts on intrapsychic and interpersonal contact.

The literature review, which follows my Humanistic Integrative philosophy, has highlighted a wealth of information demonstrating how the use of metaphors positively impacts the client's intrapsychic contact as well as the therapeutic relationship. This becomes evident in the case study, which concludes this dissertation and includes a key episode demonstrating the movement metaphors can generate.

83 Words