

Abstract

This dissertation is a reflection of my current understanding of counselling and psychotherapy. It shows how my personal and theoretical philosophies of Humanistic and Integrative counselling are embedded in my working practice. Woven within the three main segments of this piece is the subject of countertransference. This subject was chosen to help me understand more of the unconscious process that is present within the therapy room and out of it. This enquiry has assisted me in the efficacy of my professional practice.

The three main sections comprise a rationale for my practice, a literature review of my chosen subject and a case study. The rationale sets out the grounding for my purpose to practice and how I apply my personal and professional philosophies. It also sets out my current thinking about how change occurs. The literature review takes a broad brush across the huge subject of countertransference from inception through development up to the modern approach. All this is done from a humanistic and integrative approach. The case study is the demonstration of the application of my rationale and knowledge of the writing on countertransference. This is linked with the integration of other theories from which I am informed.