

Abstract

This dissertation explores 'the role of love in the therapeutic relationship', using a qualitative approach. Firstly I underpin my Humanistic and integrative approach. This is preceded by an account of my discoveries pertaining to the limited theories of love, the history of love, highlighting the taboo status and the circumlocution around the use of the term 'Love' in Counselling and Psychotherapy. The key texts under review are Buber's (2010) 'I-Thou' and Lewis et al (2007) 'A General Theory of Love'. Both texts highlight that 'love' plays a significant role in the therapeutic relationship. Subsequently a case study follows, in which I integrate numerous theories to demonstrate the role of love in the therapeutic relationship. Closing observations highlight the significance of my insights on both a personal and professional level, whilst undertaking this research journey.

(135 Words)