

Abstract

Within this dissertation is an exploration of my work as a student psychotherapist which includes an introduction as to why I have chosen to train as a psychotherapist, my rationale for practice explaining why specifically I wanted to train as a Humanistic and integrative therapist, a literature review looking at contact and relational depth within the therapeutic relationship and a case study identifying how I apply theory to practice. I will also look at the importance of contact and relational depth in counselling and psychotherapy. In my conclusion is a summary of my development as a student psychotherapist, how my practice has changed and acknowledgement of my growing edges.

(110 words)