

Abstract

This dissertation title is "How the use of metaphor in Humanistic and Integrative psychotherapy can benefit a client with an autistic process".

My introduction will present my reasons for my chosen topic and I have also shared some of my personal journey that led me to training as a psychotherapist. This will then lead on to my Rationale for practice which offers the reader an insight into my personal philosophy, my values and morals towards fellow human beings.

I have included a literature review that shows the pathway to my research and how I may agree with my chosen authors but also I will share my argument by providing my personal and clinical experience.

I have used a case study methodology to demonstrate how as a Humanistic and Integrative Psychotherapist I adhere to ethical principles and work safely with my client's. I show how working with a client on the autistic spectrum disorder (ASD) they can engage through the use of metaphor. This will then encourage and secure a foundation to explore their concerns in more depth.