

Abstract

Carl Rogers (1957) devised Empathy as part of his “The Necessary and Sufficient Conditions of Therapeutic Personality Change”. Within client –centred therapy it was the most critical development. My dissertation explores empathy and working relationally as a multi-cultural therapist within therapeutic relationships. I implement my Rasta belief of an ‘I and I relationship’. I examine how empathy has evolved within therapy models and explore the concept of empathy through the lens of a Black Humanistic Integrative Therapist. My hope was by researching and writing about this I could offer a different perspective to the field of Counselling and Psychotherapy.

(100 Words)