

1. Abstract

This dissertation is a reflection of my current practice as a Humanistic and Integrative counsellor and research study of Therapeutic presence, an element of the therapist's 'use of self'.

The research is presented in three sections, my rationale for practice, a literature review on therapeutic presence and a client case study that demonstrates the use of presence in my practice.

My rationale contains my humanistic and integrative philosophy and describes the theories that I integrate within my approach. The literature review includes a wide collection of counselling and psychotherapy authors, early and contemporary, giving a broad examination of the subject. Lastly the client case study demonstrates application of my learning, rationale for practice and my ever growing awareness of the healing impact of therapeutic presence within the therapeutic relationship.

(129 words)