

Abstract

This dissertation is the final submission of the work required to complete the BSc (Hons) degree in Counselling and Psychotherapy. I have presented it in three parts and used a case study methodology.

In the first part, I will share theories and concepts that underpin my philosophy and rationale as a Humanistic and Integrative therapist.

In the second part, a literature review is presented in which I look at empathy and countertransference, two of the major concepts I deem essential when looking at the therapist's use of self. This topic is close to my heart as it has played a significant role in my journey from both a personal and professional perspective.

The third part consists of a case study relating to the clinical work I did with a client over twenty-four sessions. In this section, I apply relevant theory from my philosophy and rationale to support my clinical practice as a Humanistic and Integrative therapist.