

Abstract

This Dissertation explores "Meeting a Client's Relational Needs in a Therapeutic Relationship" Firstly I provide a rationale for practice that underpins my Humanistic and Integrative approach. A literature review will highlight the significance and importance of our relational needs within relationships. A key theory under review is Heinz Kohut (1913-1981) selfobject needs and a key text 'Beyond Empathy: A Therapy of Contact-In-Relationship' (1999) both highlight the significance of relational needs. A case study follows demonstrating an integration of theories that enable me to meet a client's relational needs within a therapeutic relationship. A conclusion follows in which I provide insights that highlight the significance of relational needs on both a personal and professional level.