

Abstract

This work comprises of five main sections; an introduction, my rationale for practice, literature review, case study and overall conclusion, throughout the portfolio the concept of introjection is considered. I embarked upon this piece of work in order to explore how people come to feel unheard, how their true self is buried through introjection. The literature review explores definitions of introjection from the Psychodynamic, Gestalt, Person Centred and Object Relations approaches, considers how introjection is formed, how it can create psychological tensions and ways it can be worked with in therapy. The use of a case study methodology shows my ethical therapeutic practice with a client, in which offering a reparative experience brings awareness of their negative introjects.