

Abstract

The focus of my dissertation is to demonstrate my use of self as a humanistic and integrative therapist to facilitate psychological growth in the therapeutic relationship. I present my rationale to practise from a Humanistic and Integrative stance. I outline my personal beliefs concerning human beings and the therapeutic relationship. I illustrate which theories I choose to integrate and my rationale for doing so which I hoped to have demonstrated throughout the body of work. The literature review explores the experience of embodied empathy within the therapeutic relationship, how it can inform the therapist and how it is supported by Neuroscience. I have looked at a study on it and considered how this could be replicated in the future. I have also considered the aspect of self care. The case study I present explores the beginning and middle stages of working with my chosen client. I have considered how our work together may end. I have illustrated my therapeutic intent, the theories that have informed me, my use of supervision and personal therapy and ethical considerations.