

Abstract

Love is a term that is rarely used in therapy circles, avoided at best and at worst regarded with suspicion. In this dissertation I examine the role love plays in therapy, specifically agape love. I will be looking at how this enhances the therapeutic relationship and provides the foundations for therapeutic change.

This dissertation has three distinct components. Firstly I will lay out my rationale for practice, detailing the humanistic beliefs underpinning this, as well as theories I integrate from outside the humanistic tradition and how they form a cohesive rationale. I follow this with a review of the literature on love, looking at a broad spectrum of approaches, both historic and current, with specific focus on two key texts. Finally I will present a case study of my work with a client which will demonstrate the effective integration of love into a humanistic and integrative approach to therapy.

(150 words)