

ABSTRACT

This dissertation aims to evidence my growth and learning as a Humanistic and Integrative Psychotherapy student.

The purpose of this study is to increase awareness around the contextual appearance of presence, therapeutic use of presence and relevance within self-care.

Incorporating my rationale for practice I will demonstrate the integration of certain theories and how this leads to change, a literature review including research, theory and findings around my chosen topic; and a recent case study demonstrating our work together and reflecting on the cultivation and impact of therapeutic presence within the therapeutic alliance and towards personal growth.