

Abstract

Emotion processing is essential for well-being and psychosocial adaptation. Alexithymia is widely viewed as impairment in emotion processing that includes difficulty identifying and describing emotions. In this dissertation I will investigate alexithymia, Clinical observations and controlled studies indicate that the treatment of alexithymic clients is most difficult. Moreover, stronger degrees of alexithymia predict worse therapy outcome.

The dissertation researches alexithymia, from a humanistic and integrative therapeutic viewpoint. It consists of my rationale for practice, detailing a cohesive integration of humanistic theory taken from the Human Development Module. I follow this up with a literature review on alexithymia, showcasing the relevant literature within the field. My final contribution is an explicit in-depth case study, where I integrate my rationale and literature into my clinical practice, exploring how to be the regulating-other whilst managing my own self-care.

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