

## **Abstract**

I present my rationale for practice as a humanistic integrative therapist. The core of my rationale is based in the humanistic model but I integrate theories that fit with my belief of working relationally and simply put are to enhance interpersonal and intrapsychic contact to promote psychological change.

The focus of my dissertation is to seek understanding of the somatic counter-transferential responses I experience with my clients and how these can be used effectively and safely to enhance the therapeutic relationship. My literature review maps the historic development of counter-transference and the use of the body in psychotherapy, concluding with relevant literature on the therapist's use of their body or somatic responses in therapy.

I present a case study that examines my work with a client that draws upon the application of theory within my rationale for practice. I aim to demonstrate how I worked incorporating process, theory and ethics to present my therapeutic intent and work towards psychological change.