

## **Abstract**

This dissertation will explore the complex emotion of anger and the way it impacts the therapeutic relationship. It will look at different Humanistic Integrative theories and how these can enable the therapist to grasp the context of what is happening in the client's process. The exploration of creative interventions can be particularly useful in facilitating the client to provide a narrative to this complex emotion. Integration of this enables the client to move towards self-actualisation, to realise their true organismic self and potential. (Rogers, 1961).

I begin by outlining my rationale, which forms the basis for my clinical work. The importance of this will become apparent as I move forward with a literature review highlighting what is known and then a case study. The case study will highlight the theories utilised in my rationale, and the significance and importance of facilitating the client's own self-awareness and insights in respect of retroflected or cold anger she is experiencing. I will endeavour, through the case study, to show my own understanding of the client's relational needs and the importance of working ethically towards the goal of a self-actualisation. The client's autonomous journey, with creative interventions at the appropriate time from the therapist, can bring about a much needed affect regulation.