

Abstract

Using a case study methodology this dissertation explores the continuum of dissociation through the lens of intertwined dissociative processes of the client and the therapist. Via explanation of my rationale for practice encompassing my therapeutic intent and the ethical boundaries I abide by, I explore the contemporary writings on the theory of dissociation. A defence mechanism to mitigate against damage from traumatic event or shaming, the affective memories become fragmented and hidden from the conscious self. In my case study, a game of hide and seek within a containing therapeutic relationship, we creatively explore using metaphor and phenomenological inquiry. After an extension to the contract, we end with an inward-moving locus of evaluation, confidence and self-worth. We succeed in knowing more of our respective selves and take pleasure in the experience of each other.