

## Abstract

Using case study methodology, this dissertation explores embodied empathy and the embodied empathic responses of a Humanistic and Integrative psychotherapist; how they guide clinical practice and the impact they have on both the client and the therapist in the therapeutic relationship.

This dissertation takes on three main parts with my use of embodied empathy reflected throughout. The rationale for practice outlines my philosophy and beliefs training as a Humanistic and Integrative therapist. Exploring how psychological disturbance affects the formation of self and how therapeutic change occurs.

The literature review gives an overview of embodied empathy with an analysis of the literature, which maps the ground.

Showing awareness of the possible impact embodied empathic responses can have on the client to deepen the therapeutic relationship and the importance of knowing my own process. My case study demonstrates both the application of my rationale for practice and the integration of embodied empathy.