

ABSTRACT

The purpose of this dissertation is to explore PTSD (posttraumatic stress disorder, DSM-V, APA, 2013), its impact on a client and how offering a humanistic/integrative therapeutic relationship supported her growth and development.

The dissertation is split into three key areas providing the reader with the following relevant information; a rationale, which identifies my humanistic integrative methodology of working as a therapist, along with the beliefs and ethical boundaries by which I practice. The Literature review explores the history of PTSD and the affects, traumatic events have on everyday life, and how that could hamper a victim's recovery. Finally, the case study looks at a client who accessed counselling via a national charity organisation having been referred by her employer following concerns about her mental health. The study shows how the therapist provided a humanistic and integrative approach to counselling a client presenting with childhood trauma concerns in a therapeutic relationship.