

Abstract

Intersubjectivity is a naturally occurring relational phenomenon, a reciprocal experience occurring between, and impacting upon, two subjectives. It focuses on the between experience, the intuitive non-verbal felt experience of attunement, attention and awareness of another at interpersonal, intersubjective, or transference levels, as opposed to a solipsistic intrasubjective level. This dissertation explores the relationship between self and other, and impact on self, whilst working inside the intersubjective space with a symbiotic client. It aims to appreciate and broaden understanding surrounding the complexities of relationship, the influence of unconscious and developmental processes, whilst validating that intersubjectivity experience exists and rightly performs a significant role in my Humanistic and Integrative practice, acting as a positive change agent to the beneficence of self and client.

The rationale, literature review and case study demonstrate efficacy, value and effectiveness and my commitment towards professional development. The literature review studies past and present theorists and research into the intersubjective field, with specific attention to symbiosis, highlighting its validity and just presence whilst conveying its importance and significance through neuroscience study. The case study focuses on establishing a secure and trusting base to ultimately establish contact in relationship, the co-created change affect and effect on client and therapist. I conclude that intersubjectivity is an inescapable and essential essence between therapist and client, the theory gaining rightful recognition through neuroscience research and that it underpins and benefits my philosophy and practice.