

Abstract

Parts of Self are something quite fundamental to therapy especially when working in a humanistic way. In this dissertation I look at what parts of self are, what does the therapeutic world have to say about them and how I incorporate them into my practice.

I present this dissertation in three parts with a thread to parts of self and theory linking them all together. Firstly I offer my rationale outlining my beliefs and theories that I use to inform and underpin my practice. I will also make light of my placement and the ethical framework I adhere too. Secondly is a literature review into parts of looking at a historic view, down to three key texts and how we might work with them and aid integration as therapist. Lastly my clinical case study is my work over a year with a client, which shows the emerging of her parts of self and how this plays out in the therapy room.