

Abstract

This dissertation is an exploration into contact and relational depth within the therapeutic relationship. I will explore the factors that enhance intra-psychic and inter-personal contact and how it can be both reparative and healing.

The dissertation explores how increasing a client's ability to improve and maintain contactful relationships can be a catalyst for facilitating change and improving psychological well-being.

I have included my rationale for practice, a literature review which focuses on contact and relational depth and a case study which demonstrates the application of contact and relational depth within the therapeutic relationship.