

Abstract

This dissertation explores how the patriarchal social construct affects the therapeutic relationship between a male client and a male psychotherapist and how socially constructed ideas of what it is to be masculine impact both.

The rationale for practice sets out the Humanistic and Integrative way in which the author practices. It describes his Humanistic philosophy, his rationale for integration, how he understands the formation of self, how he believes people become psychologically disturbed, how psychological change can take place and the context of his practice.

The literature review outlines the available literature on the subject.

Finally, the case study shows how the author works with a client whilst aware of the effects of patriarchal social constructs.