

Abstract

This dissertation uses a case study methodology to explore the effects of ruptures, their impact and how they can be healed in appropriately managed repairs, creating the possibility for relational depth within the therapeutic relationship.

The rationale for practice outlines my beliefs and philosophy as a Humanistic and Integrative therapist. It explores how psychological disturbances impact the formation of self and how therapeutic change occurs within a successful therapeutic relationship.

The literature review considers the research exploring the impacts and benefits of ruptures and repairs for the client, therapist and the therapeutic relationship.

The case study demonstrates the application of both my Humanistic philosophy and rationale in establishing and developing the therapeutic relationship within which a rupture and the subsequent repair is explored, concluding with a reflection of the impact upon the therapeutic relationship.

Repairing Relationship Ruptures

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