

Abstract

This dissertation looks at the role of authenticity in relationship; it examines how the therapist's authenticity is an important factor in the therapeutic relationship. From a humanistic and integrative approach, it explores how being authentic as a therapist helps the client to grow.

The literature review looks at authenticity in the therapy relationship, its marriage with congruence and also the significance of self-disclosure and the consideration of therapeutic intent. It also makes reference to authenticity as a felt sense, as opposed to an explicit tool which can be taught.

The case study examines the role of authenticity within the therapeutic relationship, integrating the findings of the literature review.

I have adhered to the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for Counselling Professions (2016) and the Sherwood Psychotherapy Training Institute (SPTI) Code of Ethics and Professional Practice (2015).