

Abstract

Power within the therapeutic relationship is always present and it can dance between the therapist and the client. Whilst power can be seen in a negative perspective, this dissertation looks at the historical and structural theories of power within the therapeutic relationship. I provide a case study methodology which includes a literature review, looking at the different elements of power and why it is important to pay attention to it. Power can be destructive but if used to its full potential, it can also be seen as positive. As a Humanistic and Integrative psychotherapist, I look at power from a positive angle and my case study shows how it can empower the client and help to facilitate change.