

Abstract

The dissertation looks at the Window of Tolerance model and its place in Humanistic and Integrative therapy.

The rationale defines the Humanistic and Integrative way in which the author works. It describes their Humanistic philosophy, how they understand the formation of self, their rationale for integration, how they believe people become psychologically disturbed, how psychological change can take place and the context of their practice.

The literature review outlines the Window of Tolerance model and how it was influenced by Polyvagal theory. It also talked about ways of working to expand a client's Window of Tolerance, specifically mutual regulation and a sensorimotor approach.

Finally, the case study shows how the author works with a client to help them to widen their Window of Tolerance.