

## Abstract

This dissertation is structured into three parts; a rationale to practice, a literature review and a case study. It explores the benefits and pitfalls of diagnosis from a humanistic integrative psychotherapeutic stance.

Our judgments fixed or fluid along with negative and positive impacts are examined. With each side of the spectrum: the biomedical model and the psychotherapeutic holistic non-medical model being discussed.

A reasoned argument supported by the literature review and case study methodology considers both sides of diagnosis and proposes that it is impossible to meet a person and not form some opinion as part of an ongoing relational assessment. However, a bridge to the opposing camps where a new paradigm can emerge is favourable than sitting firmly at either one side.