

Abstract

In this dissertation the writer uses her personal and professional experience of the value of meeting relational needs in the fostering of healthy relationships and feelings of self-fulfillment. Consideration is given to how the therapeutic relationship can best attend to the client's unmet relational needs when the therapist will have their own needs to attend to also.

Within the series of three chapters, the writer's philosophical stance is used as a basis for creating the ground for the discussion. Relational needs within the therapeutic relationship are then explored through a Literature Review. Finally the medium of a case study shows the essential importance of the therapist recognising and attending to their own relational needs outside of the therapeutic relationship via personal therapy and supervision in order to then be supported to offer the means to attend to the client's relational needs within the therapeutic relationship and shows that this is the central and most significant component in the healing process.