

### Abstract

In this dissertation, you find my rationale for practice that outlines my humanistic beliefs. You will see my reasoning for integration, the framework of training, how change occurs and my limits of competence. I will describe my risk assessment, approach to diagnosis and my therapeutic intent. There will be a Literature review, which will offer an introduction to my chosen topic, and also there is a description of what I have found in my research. Plus, there are my interests in pieces of literature and critiques. Finally, there is my case study which will be based on eighteen sessions with a client.