

Abstract

The purpose of this dissertation is to explore a 'borderline personality process'. I chose this subject in order to gain a deeper understanding of this client group, how their intrapsychic and interpersonal connections are profoundly affected by this enduring condition and in turn how they impact others.

Through my rational I demonstrate how my philosophical and humanistic beliefs inform my therapeutic intent when working with a borderline process. The literature review investigates theory around the borderline process and its origins, whilst exploring the historical and current research around psychological interventions and findings relating to the most suitable therapeutic approach.

The clinical case study demonstrates how my therapeutic intent runs in line with that of my humanistic belief, working in an integrative way whilst drawing on findings from the literature review informing me of the many 'characteristics presented' during sessions and the impact this has upon the therapeutic relationship.