

## **Abstract**

This study aims to explore the journey both client and therapist have made within Person-Centred therapy sessions. By considering a relationship spanning some ten months, this piece of practitioner-research takes the form of a pragmatic case study, exploring the therapists' own journey through issues of congruence, congruent expression and transparency, towards a greater self-understanding, which takes place alongside their client's journey to greater self-knowledge and integration, as the client becomes able to acknowledge feelings and the need for shape and activity in their life, enabling them to move from a place of denial and stuckness, to greater fluency of being and a greater sense of autonomous well-being.

Analysing practice with the aid of a twenty-minute vignette between client and therapist, the author begins to unravel the impact dialogue has made on the client, the therapist and the relationship, whilst considering therapist's use of self and a central concept of building trust, in a hope to facilitate the right environment for change.

This case study also strives to reflect on the therapists growing edges and elements of practice that require further consideration and support, hoping to create a more effective, knowledgeable practitioner.

"It is through dialogue that something new can emerge for the client...."

(Cooper & McLeod, 2011, p.37)