

## 1/ Abstract

The research question for this pragmatic case study was, *How Might Working Mutually in PCEP Support Clients to Become Autonomous in Managing Anxiety?*

The focus of the study was a young woman, who had presented for therapy to address her anxiety, perfectionist tendencies and feelings of isolation. Sources of data were gathered from assessment, client notes, process notes, audio-recordings, PCEP theory, peer and individual clinical supervision and qualitative and quantitative research methodology.

Findings that emerged in exploring how mutuality affects the client's potential to become autonomous in managing anxiety, included, firstly, the therapist's reflexivity regarding power-relations (Proctor,2017) was significant and demonstrated through moments of connection and disconnection. Secondly, the mutual offering of Rogers' (1957,p.95-103) conditions resulted in establishment of trust, positive change (Tickle & Murphy,2014,p.337-351) and deep encounter (Cooper,2005,p.90) a predictor of positive outcomes. Thirdly, therapist acceptance of the client's anxiety, led to a shift towards client self-acceptance, resulting in the autonomous management of anxiety.