

Abstract

In a society with an increasing concern for mental health, pathologised by medical diagnosis and pharmaceuticals the search for an appropriate treatment for an individual with a borderline presentation or diagnosed with Borderline Personality Disorder can be confusing and overwhelming. The question is asked: Can a Humanistic and Integrative therapeutic approach be effective in treating and decreasing the distress of a borderline client? A rationale for practice, literary review and case study explores and suggests it can.