

ABSTRACT

In the broad range of counselling and psychotherapy literature, little is written regarding the promotion of the experience of self-agency within the therapeutic relationship. The promotion of self-agency, the intention and action to 'do', I feel is paramount to psychological change. As a training psychotherapist I strive to continuously inform and deepen my knowledge of this cornerstone of practice in order to promote growth and change for my clients. This dissertation of case study methodology aims to demonstrate the therapeutic process with a client striving to ignite his self-agency to live an independent self-fulfilled life. I present a multifaceted experience involving conscious and unconscious processes, which entwined within the evolving therapeutic relationship will enhance psychological change. This process and therapeutic intent are supported by a developing rationale for practice which reflects my Humanistic and Integrative approach to psychotherapy.