

Abstract

“Confluence occurs when there is an absence of boundary between self and other, when there ceases to be an ‘I’ and ‘You’ and instead exists a merged ‘We’.” (Smith, 1988).

This dissertation includes a rationale for my humanistic and integrative approach to counselling. The literature review within looks in detail at the term confluence, from its roots in theory to working in practice.

In my work as a psychotherapist, I am offering a repair. In my case study I introduce a client who entered into a confluent relationship in order to survive. She was able to learn a way of being (Rogers, 1961) that does not require the approval of another, or someone to tell her how she should think or feel.

Through understanding that other people could care for her, and that her opinion and feelings are valued, the client in this case study is able to express her emotions independent of another. This autonomy is in line with the values and philosophy of Humanistic and Integrative Psychotherapy.