

1. Abstract

This case study aimed to explore what impact, if any, PCE supervision had on the development of therapist congruence (Rogers, 1957) and trust in a specific long-term therapeutic relationship. The client relationship with John (pseudonym) was chosen due to this being an example of the therapist's developing PCE practice as well as the impact of clinical supervision. It was also chosen as a fitting culmination of the therapist's training as this relationship spanned their two-and-a-half-year clinical practice training period.

This study utilised a pragmatic case study (Fishman, 1999, 2013) method along with audio recordings, process and supervision notes, peer feedback, as well as therapist and client Therapeutic Presence Inventories (Geller, Greenberg & Watson, 2010) to explore this therapeutic relationship. A twenty-minute transcribed extract was also used as data for analysis and to bring the themes of this case study to life.

This study found that PCE supervision, and this particular client relationship, had a significant impact on the development of the therapist's professional practice. The main themes uncovered were the therapist's growing trust in the client's actualising tendency (Rogers, 1951) and the healing power of the therapeutic relationship. This growth in trust then facilitated a development in therapist UPSR (Rogers, 1957) and congruence which were all nurtured and supported through PCE supervision. The significant role that supervision can play for both therapist and client is highlighted.