

## **1. Abstract**

This clinical research followed a pragmatic case study framework (Fishman, 200, 2005 in McLeod, 2010, pp.92-97). It highlights the contribution of case study research such as this can have 'as a means of representing complexity' and 'describing and analysing practical expertise in action' (McLeod, 2010, pp.9-11).

The aim of the study was to critically consider both client and therapist experiencing with attention to paradoxes and processes. Within this underlying tensions were touched upon between, and in the interplay of, power, vulnerability, safety, development, fragility and containment.

## **2. Context of Practice & Method**

The clinical setting in which this case took place is a charitable counselling service offering no cost counselling to people in the local community wishing to access it. The counselling offered is described as being client led with counsellors working from a Person-Centred approach. Clients are normally GP or self-referrals (as in this case), and are offered weekly hourly appointments, normally for a maximum of 24 weeks. The specific 'treatment' setting is within a GP's surgery, and hence I endeavour to be mindful of this potential 'power over' (Proctor, 2002, pp.37-38) medical environment on my clients.

Operating within the BACP ethical framework (2016) the placement provider requires its counsellors to have BACP membership, to undergo DBS checks, and to work within the ethical principles of fidelity, beneficence, non-maleficence, autonomy,