

## **Abstract**

A clinical case study that aimed to examine the extent to which empathy was successfully communicated to the client during the course of a 25-session relationship, and the perception of the client with regards to the shared understanding in the therapeutic space. This is a pragmatic case study that represented a relationship that was pivotal to the professional development of the therapist and was chosen because the relationship had an ostensibly successful outcome for the client. The sources of data available were the initial assessment of the client, session notes written directly after the session, process notes of the therapist which included exploration of changes or movement in the client's process, recordings of the sessions, feedback information provided by the client on the conclusion of therapy, and supervision notes which included an overview of each client relationship. Ethical considerations were the informed consent of the client, taking into account that the relationship had ended before this study was conceived, the confidentiality and anonymity of the client and any other people involved in the case, the use of supervision during the work with this client and afterwards in informing the appropriateness of material included, the security and availability of the data sources, and consideration of the dual role inherent in conducting a study in which the author is both therapist and researcher. The conclusion of the study was that the communication of empathy is the key vehicle by which the client will become aware of the therapist's empathy for their situation and the extent to which that empathy is accurate and meaningful for the client.