

## Abstract

This dissertation explores the application of countertransference to Humanistic Integrative psychotherapy whilst considering the paradoxical nature of the concept and its various polarities. The *Rationale for Practice* discusses my philosophical approach and theoretical integrations to psychotherapy along with views on risk assessment, diagnosis, ethical codes, and on how change occurs. In the *Literature Review*, I outline the historical development of countertransference, explore recent research, critique significant texts and offer a discussion on the relevance of countertransference to the Humanistic Integrative model. I use a *Case Study* methodology to explore the usefulness of countertransference to Humanistic Integrative psychotherapy in facilitating therapeutic change whilst demonstrating the application of theory and practice, and ethical considerations in clinical practice. This dissertation concludes that the use of countertransference in Humanistic Integrative psychotherapy facilitates therapeutic change by providing valuable insight into the intersubjective processes occurring between client and therapist.