

## **Abstract**

This dissertation explores the therapeutic use of metaphor using a case study methodology within Humanistic and integrative counselling and psychotherapy. The literature review follows on from my rationale for practice and explores metaphor construction and how it is used within the therapeutic relationship, highlighting and evaluating the production of the metaphor. As case study concludes the dissertation, demonstrating the use of co-constructed metaphor with a client how it enhanced the working alliance and increase intrapsychic contact. The key episode demonstrates the movement and change my client had during therapy.