

## **Abstract**

As a trainee therapist, I was offered an opportunity to work with a client who I later understood to have a borderline process. This dissertation uses a case study methodology to unveil my client's expressions and my personal experiences as well as the literatures surrounding the conceptualisation of this process. It is split in to three parts, beginning with my rationale for practice. I explore my own philosophies and how and why I use choose from the humanistic relational theorists I integrate. I then display my literature review where I have critiqued from a plethora of texts from key speakers who emphasise the complexities of Borderline Personality Disorder and how the narrative informs intrapsychic and interpersonal relationships in a number of psychosocial aspects. I finish with my case study, describing my work as a trainee therapist, two key episodes and the themes that have emerged throughout our therapeutic journey so far.