

Abstract

This dissertation explores a humanistic and integrative approach on working with anger and the importance of processing this emotion. It is structured in three parts: a rationale, literature review, and a case study.

The first part highlights a rationale for practice, presenting my core beliefs and values that are at the foundation of my practice, to facilitate growth and change.

The second part, a literature review explores anger, how to work effectively with anger to process and express this pure and healthy emotion (Parker-Hall,2009).

This topic is fundamental to my growth and healing in relationship with other, assisting my understanding when my boundaries have been violated both on a personal and professional perspective.

The third part consists of a case study relating to my clinical practice working with a client for forty-six sessions. In this section I apply theory from my philosophy and rationale to support my work as a humanistic and integrative therapist.