

### **Abstract**

In the following piece of work, I will examine and critique the integration of creative working into Humanistic and Integrative practice to promote therapeutic change, exploring the impact which incorporating such work has on the therapeutic relationship. Furthermore, I will detail my understanding of Humanistic and Integrative theories, and which of these I implement into my work. I will also demonstrate how I work within an ethical framework and how I maintain myself as a practitioner.

This dissertation is structured in three key elements: my personal philosophy and rationale for practice, a Literature Review and a reflective Case Study regarding my work with a current client.

(106 Words)