

Abstract

This dissertation explores my humanistic and integrative approach to working with a placement client with borderline and narcissistic character styles. I utilise a case study methodology to illustrate my client's experiences and personality adaptations as well as offering reflections on my own processes. Drawing on literature from relevant theorists and researchers from the fields of psychotherapy, neuroscience, human and personality development; I explore the complex field of personality adaptations, focussing on developmental theories and an integrative approach to practice. The complexities and development of the self in a reparative therapeutic relationship are then illustrated within a clinical case study.