

Acknowledgments

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Abstract

The aim of this dissertation is to investigate the use of stories and metaphor within humanistic and integrative therapy, and how the methods explored might be useful in increasing connection between therapist and client. To demonstrate its efficacy, I will be presenting a rationale for practice, explaining how I work in a humanistic and integrative way. Following this I will present a literature review to explore the subject of the use of stories and metaphor by presenting a more extensive look at the findings of others within the literature, and finally, a case study of an existing client to highlight its use in the practice of therapy.