

## **Abstract**

This dissertation explores the evolution over time of the concept countertransference, from the psychoanalytic school of thought to fitting more with my humanistic counselling integration. I have presented this project in three parts. Part one consists of a rationale for practice, where I discuss my values and beliefs, the framework I adhere to, the formation of self, psychological disturbance and how change occurs, my rationale for integration and the theories and concepts I integrate, along with my view on assessment and diagnoses and my clinical practice. In part two, I present a literature review, discussing a historical overview of countertransference, with particular focus on the main concepts that dovetail with my humanistic and integrative philosophy. I go on to critique significant texts and research more recent movements within the concept and discuss my findings. Finally, I draw on my clinical practice with a client to discuss the presence of countertransference in the work, how theory informs my practice in the significance of the therapeutic relationship to provide the climate for change.