

Abstract

This dissertation explores the topic of cultivating therapeutic presence within the environment of the humanistic and integrative therapeutic relationship. The study seeks to define presence and provide awareness of how the therapist's presence facilitates change for the client.

The study consists of 3 main parts. Firstly, I provide my rationale for practice which includes my philosophical basis, my integrative rationale, my understanding of the formation of self and psychological disturbances and gives an overview of the ethical framework I work within. Secondly, I offer a review of literature written on the subject of presence. I offer viewpoints from both historical and contemporary authors and write of how the literature has influenced my own practice. The third part of the work is a case study which demonstrates my work with a specific client. I detail how presence was cultivated within the therapeutic relationship and how it's use facilitated change for the client.

I offer a conclusion as a reflection of the study.