

**Abstract**

This dissertation explores the importance of the use and application of phenomenological enquiry within the humanistic integrative approach to psychotherapy. Through this exploration I will outline how phenomenological enquiry deepens intrapsychic and interpersonal contact within the therapeutic relationship, which inevitably facilitates change and growth.

I will begin by outlining my rationale for practice, which underpins my clinical work. I continue by providing a review of literature related to the diverse theories integrated in the humanistic integrative approach to therapy and their perspectives on phenomenological enquiry. I follow this with a case study methodology to explore the efficiency of phenomenological enquiry which accelerates and supports the process of change and growth within the humanistic integrative approach to psychotherapy. I conclude this dissertation with my final reflections on my experiences throughout my three years at Sherwood and my experience of writing this final submission.