

Abstract

During my training as a Humanistic and Integrative therapist over the last three and a half years, I became aware of how I personally experience my inner critic, and how it affects who I am in relationship with self and with others. This developed into a particular interest of mine as I noticed aspects of the inner critic present in my clinical practice too.

This dissertation uses a case study methodology to explore the presence of the inner critic, the impact it has and how it can be nurtured in a therapeutic relationship. I unveil my client's expressions and my personal experiences, as well as the literatures surrounding the conceptualisation of this subjective process.

I present my own philosophies and why I choose the humanistic relational theorists I integrate; a literature review where I consider theories behind the development of the inner critic, how it presents itself and subsequently explore how to effectively address this negative voice in clinical practice, considering its complexity; and I finish with my case study, describing my work as a trainee therapist, sharing two key episodes and the themes that have emerged throughout our therapeutic journey so far.

