

To my amazing group: a long journey for us all. We have laughed and cried, experienced highs and lows, rupture and repair; most of all, we experienced ultimate safety; knowing we had each other, allowing vulnerability in our space, sharing the most painful of processes whilst being held and supported. My love to each and every one of you, my amazing friends and therapists. To Jess, who was always at the end of the phone telling me I've got this, and to Jackie, who taught me there is no shame in allowing the tears to roll down my cheeks, to not dismiss the moment and wipe them away.

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Abstract

This dissertation depicts and examines the challenge of working with parts of self and configurations of self to reconnect to the inner child. My Humanistic and Integrative philosophy encapsulates my core beliefs and values that outline and provide a framework to my practice. The literature review is focused on the historic influences of theorists and the development and integration of my understanding of parts/configurations of self.

I have critiqued a selected range of literature and explored how this supports my humanistic and integrative approach to counselling and psychotherapy and its application to practice. I have attached the case study methodology to show the impact of working with the reconnection to the inner child both from a client and therapist perspective.