

Abstract

This dissertation was written through my growing interest in the concept of confluence as a humanistic and integrative practitioner, established during my second year on the BSc. I have drawn on other modalities such as developmental theory to explore this from a humanistic and integrative perspective whilst adding academic rigour and potentially the ability to identify unmet relational needs and facilitate therapeutic change.

The aims of this study include exploring the concept of confluence and other terms to describe this from a humanistic and integrative perspective and the impact of this on the therapeutic relationship. I also touch on whether this is healthy or unhealthy within the scope of this dissertation, along with ways to work with it when identified. To achieve my aims, I will use a case study methodology along with drawing on the findings of my literature review and linking with my rationale and philosophy.

The overall findings conclude that confluence is a concept embedded in a range of literature, often described in alternative ways within other modalities. I found the literature and research limited, outdated and historical which motivated me further to undertake this as a research project to differentiate between what is "healthy" and what is not, the impact on the therapeutic relationship and where this fits in today's modern society. After a period of isolation for many, are we now drawn to become one and merge to escape this or not.