

Abstract

This study emerges from a humanistic and integrative approach to counselling and psychotherapy, placing authenticity at the fore. I explore how adaptations and defence mechanisms are created in early childhood, and that raising awareness of how they affect living in the here and now, can lead to an inauthentic self. My therapeutic approach is identified and demonstrated within my case study. I explore authenticity within a literature review, which investigates and provides a critique around current findings. I discuss my experiences around authenticity, the benefits as a client within the therapy, the relief of feeling real and how I view this as a vital component in therapy.