

# Case Study Research Project Report

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## Abstract

This narrative case study research aims to show how a person-centred therapist can work with different forms of power presenting in the therapeutic relationship, integrating PCT alongside feminist ethics and trauma informed practice. The work shows how paying close attention to the use of role and personal power can help to empower a client (Miranda) who has experienced domestic abuse and oppression.

The research introduces ideas around different layers of power; taken from theories by Rogers (1978), Starhawk (1987), Proctor (2017), Natiello (1990) and Hobbes. After clarifying different dimensions, it tells the story of Miranda through different stages of therapy akin to the case study research published by Catterall (2007), showing the journey through the lens of Rogers' 7 stage process (Rogers, 1961).

The findings from this show how to skilfully utilise the person-centred approach and core conditions to work with survivors of domestic abuse, with particular attention to how power from a variety of sources can impact on them historically and in the present.