

## **Abstract**

In this dissertation I explore presence. Something I know well with others, but alien and threatening to myself, until now, no one was let in. I wish to look at both sides of the same coin, I want to understand what presence is, what the mechanisms are behind it. Why it feels so powerful in the therapeutic relationship, and now, in life.

I present my dissertation comprising of three component parts; the rationale for practise, my literature review on presence in psychotherapy and finally a case study that demonstrates how presence is so important in psychotherapy.