

## Abstract

My rationale for practice outlines and demonstrates my Humanistic and Integrative approach as a student psychotherapist, which describes my theoretical and philosophical way of working with clients.

My literature review was conducted to demonstrate and examine how the unspoken words of racial trauma can impact the self when not attended to when working with a marginalised group.

Recent research has shown that through generations, it is possible to perpetuate a false self-structure and internalise negative patterns of cognition in relation to the other, whereby internal processes of racial trauma can lead to disturbances and a false sense of self. It is not possible to erase our history from our identity. However, therapy can be a container to cultivate a safe space for expression and self-actualisation; we can become more progressive in our relationship with self and each other.

My case study thoroughly accounts for my work with a client from a marginalised group, highlighting our intersubjective and interpersonal therapeutic relationship whilst describing my observations and interventions. To conclude, I will reflect my clinical, theoretical, and personal practice regarding my development and learning.