

This dissertation investigates the Humanistic and Integrative approach to working with a physical disability from a client's and student therapist's perspective. I intend to use my own personal experience.

I noticed early on in my training that therapists, like all other people in society, are fed a stream of negative images and stereotypes of disabled people from a very early age, contributing to the continued discrimination and exclusion of disabled people within society (Shakespeare, 2006). Whilst therapists understand the need to address their own sexist and racist attitudes, I believe that many of them fail to consider their prejudices and assumptions about disabled people. As a result, these therapists themselves are part of an oppressive culture (Corker, 1995).

The literature review addresses the importance of a Humanistic and Integrative approach to disability. The social and medical models of disability. The fact that Disability Equality training is missing from most courses, and the need to work more phenomenological and relational to understand the experience of the client experience.

My Humanistic and Integrative Philosophy outlines my core beliefs and values that provide the framework for my practice. Indicating how the therapeutic relationship is central to the process of psychic development in both client and therapist.