

## Abstract

This dissertation explores the humanistic use of metaphor within my relational and developmental therapeutic integration. Use of metaphor can help catalyse our potential by providing us access to our creative processes, thereby enabling us to more fully and effectively connect with ourselves and others, allowing us to become more psychologically flexible (Rogers, 1961) and developing our ability to symbolise our experience (Rogers, 1951a) which Carl Rogers associates with psychological wellness. I detail my approach in the rationale, and explore existing work and gaps in the research in the literature review before presenting a case study demonstrating my clinical use of metaphor.