

## **Abstract**

This dissertation is presented in three components: a rationale for practice, a literature review and a case study.

My rationale for practice introduces who I am as a Humanistic and Integrative psychotherapist, by underlining my philosophical and theoretical integration, my ethical considerations and my personal aims. My literature review dissects contact from a humanistic and integrative perspective before moving into how Gestalt theory measures contact and its modifications. A further exploration into projection presents modifications to contact under a contemporary lens. My case study offers an evaluation of a therapeutic relationship with a client presenting with robust modifications to contact. I demonstrate my key learnings from my literature review, whilst also displaying how our therapeutic relationship began and evolved. I provide insight into my theoretical understandings upheld in my rationale, an evaluation of my interventions and a review of how our contact changes throughout. My dissertation concludes with reflections on my theoretical, philosophical and personal learnings.