

Abstract

Welcome to my dissertation. I will present to you my humanistic and integrative approach to psychotherapy, with particular focus on working with Schizoid Processes. I will offer an in-depth explanation of my rationale for practice, a detailed exploration of Schizoid process literature and a case study discussing my work with my client who presents with a Schizoid process.

My rationale clarifies my therapeutic framework, my beliefs, values, my rationale for integration and a description of the theories I integrate. My literature review offers an exploration of both contemporary and historical literature on working with and understanding Schizoid processes, as well as providing critique and analysis of key works. My case study presents a detailed reflection on my long-term work with my client of whom I assessed to have a Schizoid process. My case study will demonstrate how I clinically apply my humanistic and integrative values and theories, as well as my researched topic of Schizoid processes. I will conclude with some professional and personal reflections on my clinical work and my dissertation experience.