

## **Abstract**

This dissertation investigates the development and use of countertransference in Psychotherapy. I reflect on how it operates within my Humanistic Integrative Psychotherapy model.

I begin by sharing my Humanistic and Integrative philosophy that influences the rationale within my clinical practice. I review my beliefs, values and the theories I integrate.

In the literature review, I focus on the development and application of countertransference, offering a historical overview and critiquing different modalities and approaches to countertransference.

I conclude with a clinical case study on one of my placement clients, which pays special attention to the existence of countertransference within the therapeutic relationship.