

Abstract

This dissertation explores anger from a Humanistic and Integrative perspective. It was born out of my own struggle to express and understand my anger, which I encountered in various personal and professional situations. This struggle, intertwined with my professional growth, has led me to my interest in researching anger. I believe that by understanding and effectively working with my own anger, I can be a more empathetic and effective therapist when helping clients who struggle with anger expression.

I present this dissertation in three sections: a rationale for practice, a literature review, and a case study. My rationale for practice defines my Humanistic and Integrative approach and details my theoretical and philosophical underpinnings. In the literature review, I analyse, critique and explore the existing research on anger and rage, developing anger, the impact of unprocessed anger on the brain and body, and finally, working with anger therapeutically from a Humanistic and Integrative perspective. My case study, a comprehensive evaluation of my work, is a practical application of the theories and concepts detailed in my rationale. I reflect on the therapeutic relationship, detailing and evaluating my interventions throughout. Finally, I reflect on my learning and offer insights into the personal, theoretical and clinical significance.