

Abstract

This dissertation presents a Humanistic and Integrative approach to Psychotherapy contained within my Rationale for Practice, a Literature Review and a Case Study. I present a prominent theme of interest: the concept of Parts of Self as an outcome of relational and developmental trauma in childhood years. All three sections are underpinned by my inherent relational focus around the therapeutic relationship being the driver in repairing relational needs and healing emotional wounds from past trauma(s). Awareness of adaptations, which induce parts, assists in the facilitation of authentic contact and change.