

Abstract

The following literature is for my reader to get to know a little about me and why I am here, in the world of the trainee psychotherapist, and my journey, experiences and reflections on my client with a borderline process. I present my findings of the history and literature I found regarding psychotherapies used to treat the borderline, as well as influential theorists and their texts, and conclude with my reflections. This will lead to my case study of my client with a borderline process and comorbidities and our journey together in therapy, with my aim of establishing a reparative relational experience (Clarkson, 2003) incorporating my theoretical knowledge through my assessment of her that fits alongside my personal philosophy. Within this case study, I will present two key episodes as a reflection of where psychological change occurs.