

Abstract

This dissertation is an exploration of psychological contact and its power in the therapeutic relationship, from a humanistic and integrative approach. It is structured in five parts: an introduction, rationale for practice, literature review, case study and conclusion.

In my rationale for practice I outline my core beliefs and values that underpin my humanistic and integrative practice, identifying theories that I integrate. In the literature review I aim to define psychological contact within the therapeutic relationship. I conclude with a case study, demonstrating my work with a placement client and exploring psychological contact within the therapeutic relationship.