

## **Abstract**

The focus of the dissertation is an exploration of dissociation and its place within humanistic, integrative psychotherapy. My motivation stemmed from a shared dissociative process I had with a client.

To start, I reflect on my rationale for practice, where I discuss my core philosophical beliefs, ethical frameworks and the theories I integrate into my clinical practice. The second part is a literature review on dissociation, the history of it, the use of it as a defence and where the defence comes from. I look at how to work with dissociation within therapeutic work and discuss its relevance within humanistic integrative psychotherapy. The final half of this dissertation covers a case study with a client I worked with for nine months. This includes my assessment, intent and the beginning, middle and end stages of the work.