

Abstract

This dissertation focuses on relational depth within the Humanistic and Integrative framework, examining its significance in the therapeutic relationship.

Comprising three parts, the dissertation begins with exploring my rationale for practice, emphasising the centrality of relational depth in facilitating therapeutic growth and understanding. Here, I elucidate the theoretical underpinnings within the Humanistic and Integrative model that inform my approach to cultivating profound connections with clients.

The second segment comprises an extensive literature review, where I analyse and critique existing literature on relational depth. This literature review delves into various theoretical perspectives and empirical studies to elucidate the nature and impact of relational depth in therapeutic interactions.

The final part of the dissertation presents a detailed case study, offering a critical examination and evaluation of relational depth in my work with Sue. Drawing upon insights from the literature review, I reflect on the impact of relational depth in our therapeutic relationship and assess its implications for therapeutic outcomes.

Throughout these sections, I explore the psychological intricacies inherent in relational depth, striving to deepen my understanding of its role in fostering meaningful and transformative therapeutic connections within a Humanistic and Integrative framework.