

Abstract

There have been many tears shed along this path, some belonging to my fellow students, quite a lot to my clients and some from myself. Behind the tears, I look for answers, especially with myself. We all have needs, relational needs from birth and relational needs as we grow. They might change as they are met and new ones come to the surface. I have found myself at a point where I have noticed how I am as a result of my relational needs not having been met. Being able to see it in myself helps me see it in other people. This dissertation explores relation needs and the effects of them not being met. I show how I am better equipped now to help my clients meet some of their needs and the effective repair that can take place when we can see where our needs have been missed.