

## **Abstract**

This dissertation explores working with relational needs from a humanistic and integrative approach. It is split into three main parts; first is my rationale for practice, which includes my personal philosophy and context of practice, considering integration. Second, I conduct a literature review to include the history of relational needs and the links to other relational and developmental theories. I look at how they manifest and show up in the therapy room, alongside how to work with them using attunement, attitudinal conditions and countertransference. I also consider the therapist's own relational needs and the importance of personal therapy, supervision and self-care. Third, my case study with a client I worked with for thirty sessions links the research from the literature review and my rationale to my clinical practice. As a humanistic and integrative therapist, I aimed to understand how working with unmet relational needs from childhood in the here and now can promote hope, change, and create a reparative experience. I have learnt that there are relational needs throughout life, with different ones emerging at different times, and unmet needs from the past can play out and be met in a therapeutic relationship.