

Abstract

The following dissertation is produced in three parts. It has been written with cohesion as its essence thus integration naturally occurs, becoming a whole greater than the sum of it's parts.

I begin by describing a clear rationale for practice. In this, my personal philosophy, belief in how change occurs and how I aim to 'be' with clients is evident.

This is followed by a literature review whereby, the Inner Critic a topic familiar to most, if not all of us, is reviewed from a humanistic integrative perspective.

From this, a case study is then presented where my humanistic intention and understanding of the inner critic will be evidenced. This is then woven throughout my clinical practice