

1.0. Abstract

Drawing upon Humanistic and Psychoanalytic theories, this study outlines the nature of difficult processing styles and presents important insights into ways of achieving contact with clients who have a 'fragile' processing style. Integration of seminal developmental theories are intended to augment key theorists' emphasis on Rogers' 'core conditions' whilst personal insight aims to present what 'fragile process' feels like from the inside. This personal exploration of the person-centred concept of 'fragile process' intends to outline the issues arising when both client and therapist have an inclination towards this difficult style of processing. References to therapists' awareness of their own countertransferences and the honest, courageous use of personal therapy and supervision are integrated in order to outline how the mere provision of Rogers' core conditions may be 'necessary' but are not 'sufficient' and that there is room for a robust therapeutic presence when working with difficult process.

148 words

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