

ABSTRACT

Theory and research is guided by multicultural competence in relation to understanding the effectiveness of therapy and giving ethical treatment for all people. Despite growing discussion's on training practitioners to have the knowledge, awareness and skills to work with diverse populations, transgender people are often invisible or excluded from this framework. This dissertation joins a limited yet vibrant conversation in the social sciences, by exploring a relational approach with a transgender client. A case study methodology of the therapeutic journey, with a female to male client in transition, is presented which illustrates a multi-faceted experience involving both conscious, explicit and unconscious, implicit processes which, with a strongly established relationship, will greatly promote psychological change. This process and intent is supported by a developing rationale for practice and literature review, which reflects my Humanistic and Integrative approach to working with clients.

