

Abstract

Using a case study methodology, this dissertation looks at Maternal Countertransference from a Humanistic and Integrative viewpoint. It also looks at the historical foundations of unconscious processes and explores some of these.

I hope to evidence the therapeutic relationship as the most significant component to therapeutic change and to show that this can be enhanced by the integration of countertransference in the here and now of relating between client and therapist.

There are three main sections; my rationale for practice, which outlines my personal as well as my philosophical Humanistic and Integrative attitude, followed by a literature review that shows the significant past to present writing about this subject and completes with a case study wherein I hope to relate my chosen topic to practice and show how my Maternal Countertransference is indistinguishably linked psychotherapeutic work and by its very nature a Humanistic Integrative concept by intersubjectivity, the sharing of an experience together; phenomenology, seeking out what the others life is like and interpersonal, the relationship and communication between client and therapist.