

Abstract

The Window of Tolerance model provides a framework for working with emotional regulation. By using three sections: - rationale for practice and philosophy, literature review and client clinical case study, this dissertation will explore the Window of Tolerance and the therapeutic relationship, from a humanistic and integrative perspective.

The rationale for practice discusses the principles, philosophy and beliefs of a trainee humanistic and integrative psychotherapist.

The Literature review explores the Window of Tolerance, its connection to Polyvagal theory and ways of regulating a client's emotional system.

Finally the work is located within a clinical case study showing the use of the Window of Tolerance within a therapeutic relationship.