

Abstract

This dissertation explores a humanistic and integrative approach to working with intersubjectivity. For me, the term intersubjectivity is encapsulated in the title of Buirski and Haglund's (2001) book 'Making Sense Together' as two humans come together in a mutually receiving environment, working through the then-and-there together with the here-and-now. Research has shown that the modality is the least important factor in the therapeutic relationship, with the relationship itself being the therapy. This piece of work highlights the journey of intersubjectivity from twentieth century European idealists to Stolorow, Atwood & Brandchaft's intersubjectivity theory in the 1980s. I further acknowledge literature from the Person-centred and Gestalt perspectives. My philosophy and case study highlight the work with my client as I accompany her on her therapeutic journey, working at relational depth and meeting her human-human in a dialogical and intersubjective dyad. This is a unique experience between two living fluid beings, and it is difficult to capture the essence of what happens in the in-between. I hope by reading this piece of work you will draw from it that what is co-created between therapist and client is indeed what is needed for change and healing.

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