

Abstract:

My dissertation is presented in three parts, exploring and investigating the issues, theories and debates pertinent to working with difference from a humanistic integrative perspective. I consider the psychological and sociological reality of centuries of racial, gender and sexual orientation-based discrimination towards minority ethnic groups in counselling and psychotherapy. Using a case study methodology, my *rationale for practice* discusses a philosophical approach and offers a rationale for theoretical integration within the humanistic and integrative umbrella. My *literature review* on the topic *One size does not fit all: An exploration of working with difference from a humanistic integrative perspective*, explores relevant literature within the field to support my arguments that many counselling practices and theories which are historically white-middle class, lack universal applicability and multicultural competency with regards to difference. This dissertation will proffer ideas on how to effectively address the findings in clinical practice. I conclude with a *case study* which describes my practice as a humanistic and integrative therapist, incorporating a key episode that demonstrates the efficacy of a co-created relationship, which addresses difference and illustrates the application of my rationale.