

Abstract

This dissertation is an exploration of 'presence' (Gellar, 2013) and its relationship to power through the lens of Integrative and Humanistic psychotherapy. My decision to undertake this study emerged from personal experience of handing my power to others in relationship and struggling with dissociation; lessened when remaining present (Rothschild, 2021). Through experiencing the presence of my therapist, supervisors and peers I began to develop self-agency (Knox, 2011) and have seen, as my presence increased, the power reflected in my clients as they started to reclaim their voices.

I present my rationale for practice, identifying theories I integrate and why. My focus is on the intrinsic link between presence and power, reflected in my review of relevant and recent literature, I then conclude with a case study, demonstrating my work as I weave theory into practice as a trainee therapist with 'Alice' whom I worked with for twenty sessions.

