

Abstract

This dissertation has focused on exploring regression as a Humanistic and Integrative psychotherapist. My interest came from my own experience of regression in the therapeutic relationship, which helped me develop and hold compassion for aspects of self that I had come to loathe. When I started my clinical work, I noticed the importance of regression and how developmentally attuning and working within the reparative/developmentally needed relationship was part of the healing process for my clients.