

Abstract

This dissertation explores expanding the window of tolerance through my humanistic and integrative perspective. My focus will be on highlighting what factors contribute towards being put out of one's window of tolerance and how I have used the therapeutic relationship to address this. I will present my rationale for practice, justification for theoretical integration and ethical considerations around this. I outline my research findings on the window of tolerance and the clinical implications of this research in a literature review. Through case study methodology I explore how I used the therapeutic relationship, intertwined with relevant theory and the window of tolerance to facilitate change. I unpack the therapeutic implications both for the client and myself throughout this alliance. Finally, I conclude this dissertation with my arguments that alongside my humanistic and integrative roots that the window of tolerance is both a passage towards and the destination of healing.