

Abstract

Whilst studying for this degree, I have become increasingly aware of my inner critic and the impact it had on my ability to focus on academic work and in my life in general. Exploring this increased my interest in the theories surrounding internal dialogue in a humanistic and integrative field. I was aware that the inner critic featured in much of my client work leading me to explore this further.

I aim to identify my rationale as a humanistic and integrative practitioner, highlighting theories outside the humanistic field that I integrate. I will offer my research in the field of the inner critic, looking at wider theories, connections to shame and intersectionality and ways of supporting the inner critic in the therapeutic relationship. I shall then highlight some of my work with a client to demonstrate the creation, development and ending of a reparative relationship.

Word count – 145