

Abstract

“Life is not primarily a quest for pleasure, as Freud believed, or a quest for power, as Alfred Adler taught, but a quest for meaning. The greatest task for any person is to find meaning in his or her own life.”

- Viktor E. Frankl

This work forms an exploration of intersubjectivity and its pertinence in the clinical therapeutic relationship, from my perspective as a Humanistic and Integrative Psychotherapist. Using a case study methodology, I aim to demonstrate how the formation of a more integrated sense of self, takes place partly through intersubjective relating. Intersubjectivity can be described as the meeting of two subjective realities in a reciprocal, mutually influential, dialogic process.

The catalyst in my decision to write about this subject has been multi-faceted, and includes my early experiences of an absence of adequate intersubjectivity in key relationships, and my recent experiences in therapy of a profound level of intersubjective being, the impact of which, has effected positive change in my own sense of self.