

Abstract

Using a case study methodology, this dissertation presents my Humanistic and Integrative approach to working with Borderline process (BPD). I present this dissertation in three sections: a rationale for practice, a literature review, and finally, a case study.

My rationale for practice defines my approach as a Humanistic and Integrative practitioner and details my theoretical and philosophical underpinnings. My literature review offers an appraisal of contemporary theories and approaches to Borderline, covering Humanistic definition and assessment of Borderline process, an exploration of aetiology through a relational-developmental lens and an intersectional deconstruction of the Borderline label. I conclude with reflections on application of theories on Borderline to my clinical practice.

My case study is an in-depth evaluation of my work with a long-term client who I assess as having a Borderline process. In this, I demonstrate the application of my learning from my literature review in addition to the application of theories detailed in my rationale. I describe our intersubjective therapeutic relationship and evaluate my interventions throughout. Finally, I offer closing remarks regarding my learning, reflecting on the personal, theoretical, and clinical significance of this project.