

Abstract

In this dissertation I aim to present to you who I am now that I am reaching the end of this part of my Counselling and Psychotherapy training.

Firstly, I will provide an in-depth rationale for practice. I hope that this will inform you as to who I am as a therapist; my beliefs and values. Resultingly, the theories that align with these beliefs and values and are authentic to my way of practicing. Finally, the way I believe these theories either facilitate change, allow for the identification of unmet needs, or assist in the formation, or maintenance of an intimate and meaningful therapeutic relationship.

I will follow this with my Literature Review; an exploration of notable writing on the subjects of congruence, authenticity and genuineness within Counselling and Psychotherapy. I will seek to present the history and development of the concepts, as well as deeper exploration of their meanings and application, in addition to identifying both potential gaps, and areas of tension within research to date.

I will then present my case study; a description of my work with my client whom I believed to have arrived at therapy in a place of incongruence. Seeking to demonstrate the practical application of my humanistic and integrative philosophy, values and theories, and how I believe these were able to facilitate change, and see my client finish our time together in a more congruent place.

Finally, in conclusion, I will seek to reflect upon my clinical work, personal and professional development, and the experience of writing this dissertation.