

Abstract

This dissertation explores whether a meaningful therapeutic alliance can be established within a medical setting, as opposed to a more traditional therapeutic environment. Having worked in the NHS for many years, I am familiar with clinical spaces that are often sterile, highly regulated, and at times impersonal. As a humanistic and integrative therapist, I was curious to examine whether these surroundings impact the formation of the therapeutic alliance, and if so, to what extent.

The dissertation is structured in three main sections. The first outlines my rationale for practice, detailing my humanistic and integrative philosophy and how I bring together various theoretical approaches. The second is a literature review that explores the concept of the therapeutic alliance through both therapeutic and medical lenses. The final section presents a case study of my work with a client in an NHS outpatient clinic, reflecting on how the therapeutic alliance developed within this context.