

Abstract

In this paper the theory of attachment is explored from a practical and theoretical perspective. Theories that emphasise early stages of life, as well as throughout adulthood are central to self-definition and personal meaning, making the source of that which gives meaning to life. I have paid particular attention to the therapeutic relationship as a means of enabling change for both therapist and client. Person centred therapy is at the heart of this study and consideration is given to some dilemmas for me surrounding this orientation.

A heuristic method of research has been used in the presentation of the case -study, which explores and illustrates the importance of the relationship within the two key episodes of the case-study influencing change.