

ABSTRACT

This study explored how my personal and professional understanding of attachment Theory informed and enhanced my therapeutic relationship with a client in therapy using a heuristic process of inquiry. Data which was analyzed using a heuristic approach was generated from a single case study, which traced the therapeutic relationship between a client and myself over a period of six years. The findings are presented in the form of a discussion which compares the findings to the literature reviewed and highlights the implications they have for Humanistic Person-Centred theory and practice. Conclusions drawn challenge therapeutic orthodoxy (Spinelli 2001) and confirm the benefits of adopting a “reflexive, dialectical, pluralistic” (Downing 2000:284) approach to therapy.