

Chapter One

Abstract

In my research I use a case study in which I explore the experience of attachment for my client and its affect on the subsequent development of her self-concept.

My client experienced rejection, the withholding of love and affection, and aggressiveness in the early years of her life from her mother, all of which appear to have led her to form an anxious-avoidant attachment (Ainsworth, et al. 1978).

My personal interest in the theory of attachment and its links with the humanistic concept of self led me to use this particular case study as data for my study.

I review the existing literature and research on this subject, and analyse the data using a heuristic approach. Finally I present a discussion in which I compare my findings with the literature reviewed.