

## Abstract

This document explores the impact of personal *attachment* patterns within the therapeutic relationship. The focus is on how an understanding of *attachment theory* (Bowlby 1988) can influence and enhance the work of a Humanistic, Relational and Integrative practitioner.

I found through my research, my clinical practice and personally that early *attachment styles* (Bowlby 1988) can change within the therapeutic relationship or can become less *figural* in the form of relating. I found that the mix of certain attachment styles of the practitioner and client can have an impact on the therapeutic process. Increased awareness of personal *attachment style* can increase an understanding of what is happening in the relationship. Finally, an awareness of *attachment theory* can help the therapist embody the *attitudinal conditions* towards the client, *empathy, unconditional positive regard* and *congruence*, (see appendix one) often so sadly lacking in the original *attachment bond*.