

## **ABSTRACT**

The topic for this dissertation is, 'An exploration of the therapist's communication of attunement'. Split into 3 parts it covers; Part I – my personal philosophy, providing details of the Humanistic theories I utilise and the theories I integrate. Part II, The Literature Review, looking at attunement's roots in empathy, focusing on therapeutic and developmental attunement, and the link to neuroscience. Part III, my case study, explores the different phases of a therapeutic relationship in which the communication of attunement plays a central role.