

## **Abstract**

This dissertation looks at Attunement (Erskine, Moursand and Trautmann 1999) as a personal characteristic of the therapist in facilitating change.

My motivation for this study is the interest in the effects of Attunement in the therapeutic setting.

The dissertation includes my professional designation which outlines my theoretical approach, a literary review focussing on attunement and a case study demonstrating the application of attunement within the therapeutic relationship.