

## ABSTRACT

This case study explores how attachment theory can be considered from a humanistic and integrative perspective.

Research on adult attachment is led by the assumption that the same motivational system that gives rise to the close emotional bond between parents and their children is responsible for the bonds that develop between adults in emotionally intimate relationships.

An understanding and awareness of attachment theory and how it impacts within the therapeutic relationship can become an important part of the process of therapy. It can help the therapist embody the attitudinal conditions towards their client of *empathy, unconditional positive regard* and *congruence* as embodied in the core conditions (Mearns & Thorne 1988), (Appendix 1) and which have so often been sadly lacking in the original attachment bond with the primary caregiver. Integrating attachment theory into a humanistic approach to counselling and psychotherapy can enhance and deepen the therapeutic relationship.

I discovered through my clinical practice, my literary research, and with awareness from my own personal experience that infant attachment styles are capable of change, or at least can become less figural in the form of relating, within the therapeutic relationship. This case study is a working example of how those changes can take place.