

Abstract

This dissertation describes the rationale to practice of a trainee counsellor on a Humanistic and Integrative course. How a literature review topic on Attachment theory was chosen and applied to clinical practice. A case study evidences implementation of the rationale and literature review material. Concluding with a review of themselves as a trainee counsellor and on the work presented within the dissertation. The title reflects the personal philosophy of the author after experiencing the three year journey of this course.