

## Abstract

This Dissertation is entitled 'An exploration of the use of Affective Attunement within the Therapeutic Relationship and within Human Development'.

Part 1 'Rationale for Practice' includes my personal beliefs and Humanistic philosophy together with the way in which I practice and integration of theories.

Part 2 'Literature Review' is a review of the literature surrounding Affective Attunement and looks specifically towards how this is used in the context of a therapeutic relationship and links to human development and neuroscience.

Part 3 'Case Study' explores the process of therapy between me and my client to the present day, with specific reference to my use of Affective Attunement as part of the therapeutic process.

This Dissertation is written as part of my fulfilment for the award of BSc (Hons) Counselling and Psychotherapy which is accredited by the British Association of Counselling and Psychotherapy and validated by Coventry University.