

Abstract

This dissertation is an exploration of Attunement in the Therapeutic Relationship and how the Humanistic and Integrative therapist can use it to enhance contact and facilitate change and growth.

It is approached in three parts;

I firstly outline my personal philosophy and professional context in which I work and give a clear description of the theories I draw on from both a humanistic and Integrative perspective.

I then explore the literature on attunement, it's historical roots in empathy and follow through to more recent research.

My case study demonstrates my clinical practice as a Humanistic and Integrative practitioner and reflects my use of attunement at the different phases of our therapeutic relationship.