

## **Abstract**

This dissertation looks at "The Importance of Attunement, working as a Humanistic and Integrative Psychotherapist". My personal, professional philosophy and the reasons for my wanting to become a therapist are discussed. I explain which theories and philosophies I integrate.

My literature review entails a brief history and a look at the main articles, web, pages, databases and books associated with attunement in the therapeutic relationship.

My case study demonstrates my competence, clinical skills and my working practices. It explains how I use attunement to establish and maintain a therapeutic relationship