

Abstract

The purpose of this dissertation is to explore the power of attunement (Stern 1985, Erskine, Moursund & Trautmann 1999) within the therapeutic relationship. The reason for this exploration is due to my own experiences of the powerful nature of attunement in the process of change. In this piece of work, I intend to demonstrate my understanding and competence as a Humanistic & Integrative trainee psychotherapist.

My dissertation is presented in 3 parts; the first part is a description of professional practice which details my personal philosophy and approach to practice. The second part is my literature review that begins with the history of attunement and a review of the literature on empathy. I focus on Affective attunement, Misattunements, and Attunement & Neuroscience due to their relevance to my title, work with my case study client, and in enhancing my practice. The final part is my case study, where I will track the process between me and my client, exploring the development of our work together, and highlight the use of attunement within this. I conclude with an evaluation of the work.