

## **ABSTRACT**

Using a case study methodology, this dissertation explores the topic of how the attachment style of the therapist affects the therapeutic relationship. It is presented as three papers: a Rationale for Practice, a Case Study and a Literature Review.

The Rationale for Practice describes in detail my Humanistic philosophical beliefs and rationale for the integration of specific theories and describes how change occurs within the working alliance. The Case Study is a demonstration of my clinical practice and includes critical reflections including the use made of ethical codes and supervision. Finally, the Literature Review provides an overview of Attachment Theory and critiques some of the latest contributions to my area of special interest.