

Abstract

The aim of this dissertation is to evidence my progress as a trainee humanistic and integrative therapist. I will demonstrate my safe and ethical practice which includes my use of clinical supervision and personal therapy as I strive to become a reflective and competent therapist. Information will enlighten the reader about my chosen area of study; the reparative experience of the client finding a secure base in therapy. This will be followed by a rationale for practice that outlines my personal philosophy and theories that I draw from including the professional framework that forms the basis of my practice. A literature review details my critical analysis of the concept of the secure base from a diverse number of sources. My findings emphasize the connections between attachment theory and the humanistic and integrative therapeutic relationship. In my case study I endeavour to demonstrate a rationale for safe practice, reflective work and my therapeutic skills. This study will portray an understanding of attachment theory, its impact on early life and how the experience of the provision of a secure base in therapy can be reparative. My conclusion is a consolidation of personal reflections and findings.