

### **Abstract**

I investigate Allen Schore's Theory of Affect-Regulation as his evidence strongly suggests that early relational trauma causes dysregulation and dissociative processes, which impact capacity for self-regulation later in life. I explore the communication of affect-attunement from an integrative perspective and offer my understanding of how to encourage integration of body-mind, left-right-brain, enhancing internal and external contact. This contact in relationship enables the internalization of a self-regulating secure internal-working-model.

The dissertation consists of my rationale for practice, detailing a cohesive integration of humanistic theory taken from the Human Development Module. I follow this up with a literature review on affect-regulation, showcasing the relevant literature within the field. My final contribution is an explicit in-depth case study, where I integrate my rationale and literature into my clinical practice, exploring how to be the regulating-other whilst managing my own dysregulation.

(138 words)