

ABSTRACT

This dissertation explores the therapeutic value of the secure base from a humanistic and integrative perspective.

The Secure Base is a safe, responsive relationship which serves as a 'springboard for curiosity and exploration' (Holmes 1993, p.70). Bowlby saw its application in the therapeutic relationship as that of an attuned parent responding to the needs of their child.

The dissertation is presented in three parts. Firstly a rationale for practice which sets out my humanistic philosophy, my rationale for integration and my ethical framework for safe, reflexive practice. The second part of the dissertation is a literature review which explores the application of the secure base in the therapeutic relationship from a humanistic perspective and its integration into a postmodern therapeutic relationship mode. My case study focuses on my ethical and reflexive practice using the secure base to establish and develop an effective therapeutic relationship.