

Abstract

This dissertation explores the importance of offering a 'secure base' to a client who has an avoidant attachment style examining how and why this affects contact within the relationship.

I begin with outlining my Rationale, which lays the foundation for my clinical work, followed by a Literature Review which offers a critical analysis along with a contextual background to attachment theory. I chart the importance and impact of early caregiving on human development into maturation through to its inevitable impact on the therapeutic relationship. I have elaborated and included differing interpretations regarding an avoidant attachment style. I conclude with highlighting the components needed in order to offer a 'secure base' to a client with an avoidant attachment style.

I used a case study methodology to demonstrate that my work as a Humanistic Integrative Psychotherapist promotes safe and ethical practice, and to evidence the change and growth experienced by the client, who received my offer of a secure base. I draw together my personal reflections and learnings in a conclusion.