

## Abstract

This dissertation looks at the influence of relational styles as we sit together as client and therapist. Focussing on the title 'Working with', I want to acknowledge the nuances on both sides of the co-created therapeutic relationship. Using case study methodology, I recognise my client's insecure-avoidant relational style (Bowlby, 1969, Ainsworth et al., 1978) whilst holding an ever increasing awareness of my own.

The literature review traces the origin and development of attachment theory (Bowlby, 1969) with an emphasis on the insecure-avoidant classification. I seek understanding as to how I can work in a humanistic and integrative way to develop a relationship capable of facilitating change. I trust my case study illustrates this.

In writing this dissertation, I consider whether two people, with an underlying propensity to remain detached and distant from their emotions and others, can find a way to build a therapeutic relationship capable of facilitating change.