

ABSTRACT

Attachment happens between a child and their mother or caregiver through mostly non-verbal physical experiences. Infants and their caregivers communicate through intricate body language, facial expressions, eye-contact, touch, tone of voice and gestures. As language generally only develops towards the end of the second year and stored in explicit memory, these formative experiences are stored differently as procedural or implicit memory; it is non-verbal and non-symbolic and therefore not readily accessible for conscious recall. In this dissertation, I am looking at the implications of how understanding this form of communication, and applying it in the therapy room can deepen contact improving clients' ability to form a reparatory attachment through the therapeutic relationship, which is so often largely based on verbal communication. Consequently within my rationale for my practice, literature review and case study is woven the thread of attending to the body in the therapeutic relationship with an attachment perspective.