

## Abstract

Emotional connection is essential to an individual's health and well-being. From an evolutionary perspective, connection to another is a biological imperative without which the human species would not have survived. Understanding the significance of emotional connection within a therapeutic relationship embraces theoretical aspects of attachment theory, child development and interpersonal neurobiology.

This dissertation adopts a case study methodology and includes a literature review which looks at emotional connection from three different viewpoints; an attachment and developmental perspective, how connection is established within the therapeutic relationship, and the benefits of emotional connection on brain integration and emotional well-being.

The case study examines the relevance of the above concepts to the emotional connection which forms within the therapeutic relationship, and how this facilitates change.

(123 words)