

## Abstract

This study aims to explore how a Humanistic and Integrative Psychotherapist may identify and work with a client who presents with elements of an Avoidant attachment pattern (Ainsworth et al, 1978). The attachment style of the therapist is also taken into consideration.

By use of a case study methodology it explores the development of attachment theory, how elements present from within a client, and how to achieve a trusting relationship within clinical practice which facilitates change.

This study includes a rationale for practice, outlining my personal philosophy and integrated theories. A literature review exploring the history of attachment, how avoidant attachment presents in therapy, as well as a critical review of the research available in relation to working with this attachment style in clinical practice.

A case study then follows evidencing an integration of theories and use of self that enabled me to form a trusting relationship, which facilitated change with a client who presented with elements of an avoidant attachment style.

Finally, a reflection of findings offers no one single conclusion as a framework to work with such clients, instead highlights the considerations that a therapist needs to be aware of in practice.