

Abstract

This portfolio comprises of five main sections; an introduction, my rationale for practice, literature review, case study and overall conclusion. I embarked on this piece of work to explore how insecure attachment, can make people feel dismissed by those closest to them, and buried through the introjects of the other. The literature review explores attachment, developmental, regulation, neuroscientific and self-regulation theories: these consider how dysregulation occurs and how as an integrative and humanistic therapist I can support the client. My case study supports this methodology, demonstrating my ethical therapeutic practice with a client, offering a reparative experience for the client, and integrate their experience and promote the development of self-regulation.

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