

Abstract

Using case study methodology this dissertation explores 'Activation of the Attachment System of Avoidant Clients' from a humanistic and integrative therapeutic stance, identifying clinical implications for client and therapist in relationship.

The dissertation consists of three main parts with the emphasis on working with the Creative Adjustments associated with avoidant attachment reflected throughout. The rationale for practice outlines the philosophy and beliefs underpinning my practice as a humanistic and Integrative therapist. My literature review firstly contextualises attachment theory before homing in on Avoidant Attachment and specific creative adjustments that supported my case study client's deactivation strategies. The clinical implications of activating the attachment system as recommended by Robert Muller an esteemed psychotherapist, are then critiqued and discussed from a humanistic and integrative perspective, identifying possible limitations as well as competent ethical practice.

My case study demonstrates application of my rationale for practice and illustrates how 'Activating the Avoidant Attachment System' benefitted my client and has impacted my future practice.