

Abstract

Within this dissertation, I will be exploring how a Humanistic, Integrative Psychotherapist can create an attachment style change through a reparative therapeutic relationship.

Firstly, I begin with my rationale for practice, incorporating my philosophical beliefs whilst integrating theory. This, I believe sets the foundations for my clinical work. A literature review will identify the history of attachment and how change occurs within therapy.

With the use of a case study methodology, I demonstrate my clinical practice through evidencing my commitment to remain working within the ethical framework as a Humanistic, Integrative Psychotherapist. Change and growth for the client is evidenced through her acceptance of a secure base within our therapeutic relationship.

(word count 112)