

## Abstract

This dissertation considers attachment theory and the impact of this between therapist and client. My focus will be on disorganised attachment as I explore 'how to' work relationally with a client as a trainee humanistic and integrative psychotherapist, taking into consideration my own attachment style, to give the reader some insight into myself.

I will demonstrate my understanding through a literature review, reflecting on methodology. This will then be expanded in a case study, bringing together therapist and client, demonstrating how the therapeutic relationship can help facilitate change.

Working with disorganised attachment from a Humanistic and Integrative perspective.

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