

## Abstract

This study aims to explore the impact on the therapeutic relationship, with an ambivalently attached client and an avoidantly attached therapist.

It explores the literature out there on attachment theory with an emphasis on ambivalent attachment style. It demonstrates how theories and concepts of the field have been formed by particular research, how it applies to clinical practice and how it links with neuroscience.

Showing how an ambivalent attached client presents in therapy, I display how my avoidant attachment style impacts the therapeutic process, with reference to ethical considerations I describe how I work through this in order to provide secure base.