

Abstract

This dissertation will look at how neuroscience is informing counselling and psychotherapy, particularly with developments in human development. It will draw on the research from neuroscientists and psychotherapists working within the field to include affect regulation, attachment and shame. I will use a case study methodology to explore right-brain to right-brain connection.

My rationale shows how I work according to a humanistic integrative approach. I will state my philosophy, my rationale for integration, how psychological disturbance occurs and the process of growth and change.

The literature review will aim to present recent theories in right-brain development and how it can be used in the therapeutic relationship; offering a critique on research.

The case study will bring together the research, ideas and theories and reflect my humanistic philosophy and my rationale for integration with a client to whom this subject is appropriate.