

Abstract

This dissertation looks at how affective attunement can enhance contact with a client. Focussing on "Attunement", I hope to acknowledge how this can make or break contact within a co-created therapeutic relationship. Using case study methodology, I recognise my client's avoidant relational style (Bowlby, 1969, Ainsworth et al., 1978) and resistance to make contact whilst holding an ever increasing awareness of my own.

The literature review traces the origin and development of affective attunement and attachment theory (Bowlby, 1969) with an emphasis on affective attunement. I seek understanding as to how I can work in a humanistic and integrative way to develop a relationship capable of facilitating change. I trust my case study illustrates this.

In writing this dissertation, I consider whether it is possible for two people, with an underlying propensity to remain detached and distant from their emotions and others, can come together to make contact to build a therapeutic relationship capable of facilitating change.