

## Abstract

My dissertation explores the subject of Avoidant Attachment (Ainsworth et al, 1978). Throughout the later stages of my learning I became interested in attachment styles. Focusing on avoidant attachment, as I believe that relates to my own tendencies in relationship. I was interested to explore how avoidant attachment presents itself in the therapy room and how to work with a client who may be avoidant of close emotional relationships and how this may affect the therapeutic relationship with the client, noticing my own transference within this.

The work is presented as three separate sections, my rationale for practice, which looks at my philosophy and rationale for integrating specific theories into my work, a literature review on the subject of avoidant attachment which provides an overview of the history and contemporary contributions to my subject of special interest, and finally a case study of my work with a client who presents with an avoidant attachment style. Demonstrating my clinical practice and reflecting on my interventions and use of supervision and ethical framework.

The work aims to highlight the considerations necessary for working with clients who have a tendency towards an avoidant attachment style and some of the interventions that may be integrated in to that work.