

Abstract

This dissertation offers an exploration of the therapeutic process when both the therapist and client working together have an avoidant (Ainsworth, 1978) attachment style. A case study methodology is used. The path that led me towards and my personal and professional motivations for exploring this topic flow throughout this dissertation. My humanistic and integrative therapeutic approach - my rationale for practice, encompasses my personal philosophy towards human development, disturbance and change, along with the assessment and ethical framework surrounding my practice. The research findings from my literature review capture the history of attachment theory (Bowlby, 1969) and its evolvement into a theory of affect regulation (Fonagy, 1998), and focus on working with avoidant attachment and the implications of both the client and therapist being avoidantly attached. The application of my rationale for practice and learnings from my literature review are embedded and demonstrated throughout the work with my case study client. The personal and professional learnings and growth I have benefited from by completing this dissertation weave throughout it.