

Abstract

This dissertation explores a humanistic and integrative psychotherapeutic approach to working with an emphasis on 'right-brain to right-brain connection'. Born contact seeking our 'self' is developed in relationship needing our caregiver to satisfy not only our physical needs, but our psychological needs too through 'right-brain to right-brain connection' essential for survival. Understanding the significance of this within a therapeutic relationship encompasses theoretical elements of human development, attachment, affect regulation and interpersonal neurobiology.

This dissertation adopts a case study methodology and includes a literature review which looks at 'right-brain to right-brain connection' from an attachment and developmental perspective, describing what it is, its importance in the therapeutic relationship, and how it can bring about brain change and emotional wellbeing for a client.

The case study demonstrates the effectiveness of working with 'right-brain to right-brain connection' that underpins and weaves its way through the therapeutic relationship. A variety of interventions are used drawn from attachment and developmental theories and concepts, with a focus on affect regulation and attunement, with the therapeutic intent being to co-construct a unique bond to create an environment to facilitate change.