

Abstract

This dissertation describes and investigates the challenge of working with a disorganised attachment. My Humanistic and Integrative Philosophy outlines my core beliefs and values that provide the framework to my practice. The Literature Review focussed on past and current Attachment Theory, specifically a disorganised attachment. I have critiqued a range of texts and discovered how this topic informs a Humanistic and Integrative approach to counselling and psychotherapy and its application to practice. I have illustrated two key debates; transgenerational attachment and psychopathology in adulthood.

I have used the case study methodology to show the impact of a disorganised attachment on both client as well as counsellor and how it manifests itself in the therapeutic relationship. Attachment informed therapy and its approach are used to manage the complexities of unresolved, relational trauma that was developed as a means of survival caused by insecurity in childhood: an insecure base (Bowlby, 1988). A transference-counter transference process of engulfment which became an impasse, the theme of the key episodes and the 'A-ha' moment of release (Mann, 2010).