

Abstract

This dissertation offers a case study methodology based on my research of how to work relationally and therapeutically with addictive processes.

I offer my philosophy and rationale based on my Humanistic and Integrative Relational stance. Importantly, indicating how the therapeutic relationship is central to the process of psychic development in both parties.

My Literature Review explores the development of theories and concepts that have overarching commonalities of addictive processes originating from adverse childhood relationships.

My case study reflects my experience of working reparatively with a client with an addictive process; informed by my research that highlights developmental, attachment and affect regulation concepts.

Demonstrating the importance of providing containment, trust and safety to create a secure base from which to explore the addictive process.