

Abstract

“You may not control all the events that happen to you, but you can decide not to be reduced by them” – Maya Angelou

I find the above quote encapsulates my personal drive for growth that has brought me here. I refused to be reduced to my inbuilt ways of being and I decided to change. I have resisted reaching for help due to my inbuilt avoidant attachment, avoiding support, promoting independence and pushing forward through my hard times alone. My journey through therapy taught me that I can change my ways of being, and I learned to welcome this.

This dissertation will explore the dynamics of working with mutually avoidant attachment styles. I will discuss my humanistic integrative philosophy, before exploring the impact of Attachment Styles on relationships and reviewing the literature and research available on the topic of Attachment, highlighting its history of and moving forward to modern day and considering its impact on psychotherapy. I will finally critique my work with a client in the form of a case study, looking in-depth at the impact of mutually avoidant attachment styles in the therapy room. I reflect on my own process throughout, considering my past and acknowledging resonance with my journey, as well as recognising my client's avoidance showing through our work together and how I worked with this.