

Abstract

This dissertation explores working with clients who have an avoidant attachment style and how the therapeutic relationship can facilitate the change from an insecure attachment into a secure attachment.

Split into three sections, I begin with the rationale which describes the framework upon which my clinical work is based.

The literature review compares and contrasts three key texts about avoidant attachment. I provide a history of attachment and of the key authors, concluding with observations on the literature.

Finally, using a case study methodology, I examine and analyse my clinical work with one of my clients. I conclude with a summary of what I have learned both personally and theoretically.