

Abstract

My dissertation explores the need for connection from early in life and what happens if our needs are not met and how our emotional development is affected. I explore how the discovery of 2 disorganised attachment styles working together, not having their needs met and the power of the countertransference that this relationship encounters, providing a secure base ethically and safely. I explore the theories that interest me and I can use in my practise. I explore my search for 'sense of self' and how this naturally, painfully and fearfully unfolds throughout my studies and dissertation. I explore what we need to self-integrate and own our past in order to accept our past and contain, hold, sooth and regulate self-enabling us to feel 'good enough' to survive.