

## ABSTRACT.

I became aware of my own unrecognised grief and avoidant attachment style during my training.

My rationale for practice outlines my philosophy for practicing as a humanistic counsellor. It explores my current beliefs. Although they are evolving as much as I am.

My literature review is an overview of grief and attachment theories. I explore historical and contemporary grief and attachment theory.

My case study explores if my own avoidant attachment style and tendency impacted a client with avoidant attachment style. I asked myself if it impacted the client finding resolution from grief. We had two enforced disruptions in our contact.

The client had been looking for resolution from grief. The work was challenging due to outside factors. However, rewarding, due to the relationship that emerged between myself and, client.