

## **Abstract**

Within this dissertation, I explore a humanistic and integrative approach to working with developmental trauma. With a specific focus on the trauma of mis-attunement and inconsistent caregiving. Drawing from relevant literature from the field of psychotherapy and neuroscience, I explore the impact this trauma has on the child's attachment style, focusing on ambivalent insecure attachment and capacity for affect regulation. Illustrating through a clinical case study, how offering a reparative therapeutic relationship can facilitate growth, change and healing.

(78 Words)