

## Abstract

Attachment theory plays a big part in our relational understanding of how we build our psycho-neuro-bio systems interpersonally in early life (Cozolino 2006). Additionally, psychotherapy is argued to attend to these systems through reparative relational growth (Siegel 2012). Yet there is little research exploring the acknowledgment of this concept with clients in therapeutic practice within literature. Therefore, this study aims to acknowledge interpersonal neurobiology as a concept and its place in integrative practice. It sets out to make the implicit explicit when considering the psycho-neuro-biological aspects of early relational trauma and adult psychological suffering within integrative psychotherapy. Interpretive phenomenological analysis was used to conduct a series of interviews exploring the therapists experience of acknowledging this concept in integrative practice. Significant themes were identified and discussed in relation to current theoretical constructs and literature. The most common themes were found to be integration of trauma, relational contact, and secure attachment. These themes were explored in relation to the data collected attempting to bridge the gap between interpersonal neurobiological knowledge and the potential for this understanding in practice. The findings indicate a position for acknowledgement of this concept in practice and the limitations of its application. Furthermore, the results of the study suggest that this concept accommodates the person to person relationship in practice as argued by Clarkson (2003) highlighting the benefits of integration as an approach.