

Abstract

“The greatest thing then, in all education, is to make our nervous system our ally as opposed to our enemy”

-William James

The focus of this dissertation is an exploration of ‘*affect-regulation*’ (Schore, 2012) as a Humanistic and Integrative Psychotherapist. The motivation for this study was born from my own experiences I had with a compromised ability to regulate-affect, and through the power of the therapeutic relationship have found some healing.

My focus is on early relational trauma in the mother-infant relationship, as this causes dysregulation and dissociative processes, impacting the capacity to regulate autonomic arousal in later life, I draw from relevant literature in the field of psychotherapy and developmental advances in neuroscience. I explore the communication of affect attunement from an integrative perspective. Illustrating through a case study, by offering right-brain communication in a reparative therapeutic relationship can facilitate growth and expand the client’s capacity for experience. This contact in relationship enables the internalisation of a self-regulating secure self-object (Winnicott, 1965).