

## **Abstract**

This dissertation is an exploration of how empathic attunement encourages therapeutic change from a humanistic and integrative therapists perspective. It is divided into three sections; a rationale, literature review and a case study.

The first part presents my rationale for practice including the beliefs and values that underpin my work, how the self is formed and what theories I integrate to facilitate psychological change.

Secondly is a review of literature regarding empathic attunement. This includes an in-depth analysis of what is empathy and attunement, how empathic attunement enables change and the downfalls of empathic attunement.

Finally, there is a case study relating to my clinical work with a client for forty-four sessions. In this section I will use relevant theory from both my rationale and information I have gathered from my literature review to demonstrate how as a humanistic and integrative therapist, empathic attunement has enabled therapeutic change for my client.