

## **ABSTRACT**

My dissertation explores the significance of attuning to the developmental and relational needs of clients in offering a reparative relational experience. This work is from the perspective of a developmentally based, relationally focused approach to Humanistic and Integrative Psychotherapy.

I describe my Humanistic and Integrative approach within my rationale for practice.

In my literature review, I research human developmental needs, focusing on Attachment theory, which is confirmed by Neuroscience. Attunement to these needs, in the therapeutic relationship, informs the offering of a reparative relational experience, which facilitates growth and change in clients.

This is illustrated by a reflective case study where I explore my work as a Humanistic and Integrative trainee therapist.

(113 Words)

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The Significance of Attuning to Developmental and Relational needs in Offering a Reparative Relational Experience.