

## **Abstract**

*People have two needs, Attachment and Authenticity. When Authenticity threatens Attachment, Attachment trumps Authenticity.*

(Neufeld & Maté, 2013)

Through the Lens of Attachment explores the co-created relationship between a client with an Anxious Avoidant Attachment and me as the therapist with an Anxious Ambivalent Attachment. Attachment is the lens through which we view every interaction; I am fascinated by the impact Attachment has on relationships, specifically the therapeutic relationship. I explore my Rationale for practice as a Humanistic and Integrative therapist including my Rationale for integration I investigate historical research, studies and the theories surrounding Attachment in a literature review, including the most current research on Attachment, and I explore the impact Attachment has on our co-created therapeutic relationship within a case study methodology.