

Abstract

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it" ~ Rumi

This dissertation explores the relationship between an ambivalent attachment (Ainsworth et al., 1978) and the development of self, which was inspired through my humanistic and integrative training, personal development, and clinical work.

Starting with my rationale for practice, I set out my philosophical beliefs which underpin my approach, and which are woven through the remainder of my work. I then review the literature surrounding attachment, offering a deeper insight into my personal and professional motivation and present my understanding of how attachment theory can be integrated within my humanistic frame. Finally, I offer a case study to illustrate my humanistic and integrative practice, demonstrating my reflexive understanding of the therapeutic process.

I started this journey reliant on the feedback of others: Are we okay? Are you okay? Is this okay? This dissertation reflects my journey from dependency to autonomy. Fear of rejection stopped me revealing, and even really knowing who I was, but through the integration of healthy attachment, I have been able to start to differentiate and step out into the world: daring to reflect...

Who am I without you?