

Abstract

"We look for the Secret – the Philosopher's Stone, the Elixir of the Wise, Supreme Enlightenment, 'God' or whatever...and all the time it is carrying us about...It is the human nervous system itself." Robert Anton Wilson

This dissertation explores the subject of affect regulation. My aim is to explore the meaning of affect regulation, to look at the neuroscience and history that forms it and look at how it can be applied to practice and used in psychotherapy. My past experiences along with my current work as a trainee therapist have provided me with the motivation needed to research and delve into this topic. This dissertation has been difficult at times, my inner critic has been loud throughout, and my confidence has wavered, however it has been extremely beneficial and has provided me with an abundance of knowledge that I will keep with me forever and use in therapy. I hope that this study will benefit not only myself but my clients also.