

## **Abstract**

Within this dissertation, I will explore my insecure-ambivalent attachment style and how that impacts my work with an ambivalent client. I will explore my humanistic and integrative approach, drawing from relevant literature from attachment theory including how neuroscience plays a major role on how attachment bonds are first developed. I aim to explore the preoccupied attached client, including relational patterns and behaviours that impact relationships and how early child development with caretakers are responsible for our capacity to self-regulate, informing our way of being. This dissertation includes a case study to demonstrate how I work with the similarities in our attachment styles; including how I offer developmental attunement and presence to facilitate change and to establish a reparative therapeutic relationship in order to promote healing and growth.