

Abstract

This dissertation is an exploration of attunement and how the correct responsiveness conveys a sense of feeling felt.

The first part of the paper begins with a Rationale of Practice, outlining my values and beliefs as a Humanistic and Integrative therapist, including the theories and concepts I integrate within the therapeutic relationship. This is followed by a literature review on attunement from relevant sources and its application in clinical practice. This review also explores misattunement, human development and neuroscience. The remaining part of the paper consists of a Case study demonstrating my learned knowledge of how attunement assists the process of reparative relational experience through different stages of the therapeutic process.