

## **Abstract**

I present this dissertation, which explores autistic attunement and specifically how the autistic process can be utilised as a psychotherapist, in three sections: a rationale for practice, a literature review and finally, a case study.

My rationale for practice describes my humanistic philosophy and details my theoretical underpinnings for integration.

My literature review offers an appraisal of the limited literature that is available on describing the autistic experience of attunement. It features insight from outside of the psychotherapeutic field of literature to make up for the short fall within the field. I also offer much of my own experience and insight as an autistic psychotherapist.

My case study is a demonstration of the application of theories in my rationale, and of the autistic experience of attunement which I explore in my literature review. It is an in-depth evaluation of my work over the 42 sessions that I had with my client at the time of writing, in which I reflect on our work together and offer detailed descriptions of specific moments of movement and critically evaluate my interventions throughout.