

## **Abstract**

Using case study methodology, this dissertation will explore Disorganised Attachment from a Humanistic and Integrative perspective. I will present this in three parts: a rationale for practice, a literature review, and a clinical case study. My rationale contains my philosophical and theoretical foundations and approach to practice. I begin the literature review with an overview of Attachment Theory and its development, focusing on disorganised attachment. Finally, I will relate this to my case study of a client with a disorganised attachment. I will conclude with a summary of how these findings have informed me personally and professionally.