

Abstract.

Employing a case study methodology I apply a humanistic and integrative approach to working with disorganized attachment. Integrating theories of attachment and neuroscience into my humanistic and integrative approach I explore and analyse the reparative effects of offering a secure base to a client with a disorganized attachment. Drawing on the latest research in attachment theory and affective neuroscience, I demonstrate that five decades after the origin of Bowlby and Ainsworth's concept of the secure base, emotional presence, sensitive attunement and need satisfaction are still relevant to self-development and humanistic and integrative therapy today.