

## **Abstract**

The focus of this dissertation is to explore “affect-regulation” (Schore, 2012) as a Humanistic and Integrative Psychotherapist. I have witnessed how prevalent difficulties with regulating affect are within my clients, which I and have linked to my own experience. My focus is on how a humanistic and integrative approach can support the development of affect-regulation in clients.

I start with briefly outlining my own theoretical and philosophical approach and then I draw from relevant literature in the field of psychotherapy and neuroscience to explore affect regulation. In my case study, I demonstrate how I work with affect regulation, offering a reparative relationship to allow the client to re-experience and expand their capacity for contact. I offer myself as a self-regulating, secure, object (Winnicott, 1965) as a way of encouraging development of affect-regulation within my client and a widening of their window of tolerance (Porges, 2011).