

Abstract

This dissertation focuses on the importance of creating a secure base within the therapeutic relationship. Focussing on my title of 'Creating a Secure Base and how it impacts on the Therapeutic Relationship; as a Humanistic Integrative Psychotherapist'.

The literature review will include the scope of human development and the impacts of absence of secure attachment from early life experiences. Using material from one client in the case study will demonstrate my use of self in creating a secure base and the positive impacts it has had on my clients' therapeutic healing process.

The main purpose of this work is to acknowledge the importance of a secure base and attachment from birth and the impact it can have when recreating in the therapeutic relationship. Along with demonstrating how to achieve this in practice as a psychotherapist. With examples of integration knowledge of analysts, psychologists and theorists.