

Abstract

Relational deficit (Erskine, 2011), and confluence cause misattunement (Erskine, 1998) of the core self (Stern, 2000) at pivotal early developmental stages, and often find expression in the rage of retroflective process (Mann, 2010), and the keening grief of the disempowered (child) self. This dissertation explores the premise that integration of the unheard, unmet parts of self, can begin to occur through both relational and reparative aspects of the Humanistic and Integrative therapeutic relationship (Clarkson, 2003). Further, it offers the hope, that healing of retroflective process and actualising of the more integrated selves/self can be born out of a new experience of interpersonal relational attunement, and embedded, intrapsychically, at a neural (Cozolino, 2002; Gerhardt, 2014, Siegel, 2009; 2015), and embodied level (Fisher, 2017; Van der Kolk, 2014).

I will present three parts of this journey comprising, my rationale for clinical practice, a literature review, and a case study. My rationale will describe how my clinical practice is embedded in the Humanistic philosophy that supports my own values and principles, what theories I choose to integrate from modalities outside the Humanistic stance and why. My literature review will compare and contrast literature in the field of relational attunement (1998). Lastly, my narrative of clinical work with a long-term client, using a case study methodology, will illustrate how I keep the rationale of my Humanistic and Integrative modality at the heart of my practice.

232 words