

Abstract

Within this dissertation, I explore a humanistic and integrative approach to working with developmental trauma. I focus specifically on how resilience is nurtured in attachment and the consequences of misattunement in infancy that narrow our window of tolerance to dis-ease later in life. Drawing from relevant literature from the field of psychotherapy, emotional trauma, and neuroscience, I explore the impact of these consequences and through a detailed case study, I illustrate how an attuned therapist can nurture resilience and expand a client's window of tolerance, capacity for self-regulation and emotional repair through a therapeutically reparative relationship.