

Abstract

This dissertation uses a case study methodology of my client work and explores the importance of facilitating and attending to a client's 'internal felt sense of security' and highlights the need for a stable and dependable other, within a safe therapeutic relationship to provide this reparative experience in adulthood. I begin with outlining my Rationale, which lays the foundation for my clinical work while weaving this through my Literature Review which offers an analysis along with a historical background to attachment theory and developments in that field. I chart the importance and impact of early caregiving in human development and its inevitable impact on a client's internal felt sense of security and healing within the therapeutic relationship. I finish with my case study, describing my work as a Humanistic/Integrative and relational trainee therapist, two key episodes and the themes that have emerged throughout our therapeutic journey so far.