

Abstract

Within this dissertation, I explore Affect-Regulation through a Humanistic & Integrative lens, with a specific focus on relational-trauma. Drawing from relevant literature from the field of Psychotherapy and Neuroscience, I explore the impact relational-trauma has on an infant and an adult's capacity to self-regulate and how this impacts an individual and affects their attachment style, focussing on both an insecure-avoidant attachment style and an insecure-ambivalent attachment style, and how this presents in the therapy room. I illustrate this through a literature review and a clinical case study. I aim to demonstrate how offering a developmental-reparative relationship alongside affect-regulation can facilitate self-awareness, stabilisation, movement, and growth therefore promoting healing and change.