

Abstract

This dissertation showcases a growing consensus, that agrees with Peter Afford (2021) that, 'Our nervous systems must relate to other people's nervous systems to thrive'.

The platform of this dissertation is based on the perspectives of attachment and developmental theory, relational, and reparative approaches to counselling therapy. Humanistic and Integrative theories, that entwine Psychology, Psychoanalysis, Behavioural Biology and Neuroscience. I capture the bigger picture of how mother nature and mother nurture, influences the health of the human mind and body, with consideration to these biocycle, social models, and neurobiology.

This dissertation examines the ethical and clinical framework, the canopy that contains, holds, and keeps the individual safe, thus, strengthening the therapeutic relationship and working alliance. The necessary therapeutic foundations for the enhancement of interpersonal and intrapsychic contact and to the change processes of the client.

Introduction

I can hardly believe that a chance meeting with an elderly gentleman, that I met at a Yoga group in 2004, would lead me to embark on a new career as a counsellor at the age of fifty-four. He became a long standing and loving friend, my beacon of light, my co-regulating f/other, my cheer leader, always encouraging me to follow my goals and pursue my dreams.

It feels that I spent much of my childhood alone in the world, detachment, kept me safe. The inconsistency of a co-regulating m/other, somewhat, supported by my older,