

Abstract

Within this dissertation, I explore a humanistic and integrative approach to working with insecure attachment. I present a rationale for practice encompassing humanistic philosophy with unconscious and developmental theory. I then review relevant literature, focussing initially on an anxious/resistant and preoccupied strategy, and subsequently exploring the role of attachment in the therapeutic relationship. I illustrate through a clinical case study, the role of a reparative, trauma-informed, therapeutic relationship in movement from avoidance and fragmentation to growth and wholeness, in the conditions of a therapist and client with opposing attachment styles.