

Abstract

In this dissertation, I explore how I have worked with a client who presents with an avoidant attachment style, ensuring I use a humanistic and integrative approach. My rationale includes details on my humanistic values, describing how and why I incorporate non-humanistic modalities. I also outline all frameworks I use to ensure my work is ethical. My literature review provides what motivated me to explore attachment theory and how to connect with clients who have an avoidant attachment style. I begin the literature review with a historical overview of attachment theory, followed by text specific to working with clients who present with an avoidant attachment style. I conclude with what further research and developments are required in this area. My case study provides a detailed recount of work with a client who presents with an avoidant attachment style and how we overcame blocks to contact to connect both intrapsychic and interpersonally.