

Abstract:

Welcome to my dissertation, which explores how empathic attunement facilitates therapeutic change from the perspective of a humanistic and integrative therapist. The work is divided into three sections: my rationale for practice, a literature review, and the case study of a client.

The first section, 'My Rationale for Practice,' outlines the core beliefs and values that underpin my therapeutic approach. It explores my understanding of how the self is formed and discusses the theoretical frameworks I integrate to support psychological growth and change.

The second section presents a literature review focused on empathic attunement, offering an in-depth analysis of empathy and attunement as distinct concepts and their combined therapeutic function. I explore the historical development of these concepts, examine how empathic attunement facilitates psychological change, and critically investigate gaps within the existing literature.

The third section presents a case study based on my work with Ethan (pseudonym), a client with whom I have worked for forty-five sessions. Drawing on relevant theory from my rationale and literature review, I demonstrate how empathic attunement within the humanistic and integrative modality supported therapeutic growth and meaningful change in Ethan's process.