

Abstract

“Affect is at the core of our being, a measure of our hearts. It excites us and connects and distances our relations with others. It organises us and undoes us.”

-Daniel Hill

This dissertation explores the Affect regulation theory (Schore, 2003), how regulation is shaped in our early attachment relationships. When early attachment relationships lack attunement, this can cause developmental trauma; Developmental trauma reduces our capacity to regulate. I explore how dysregulation is linked to chronic shame and finding other ways to self-soothe, which may be maladaptive in nature.

I explore how healing can occur in the therapeutic relationship through right-to-right brain regulatory connectedness. I consider how the experience of being in an attuned relationship with a regulated other can support integration and emotional healing.(Cozolino, 2006).