

Abstract

For this dissertation I will present my humanistic and integrative approach to psychotherapy through the phenomenon of family estrangement as explored via the lens of Attachment Theory. I will present an in-depth explanation of my rationale for practice, an exploration and analysis of literature on estrangement, including a brief description of Attachment Theory, as well as a case study discussing my work with my client who presented experiencing estrangement.

My rationale outlines my beliefs, values, my rationale for integration and a description of the theories I integrate in forming my therapeutic framework. My literature review provides a critique and analysis of key works on estrangement and explores its place within the context of contemporary therapeutic work and history. My case study represents an in-depth reflection on my work with my client whom I assessed to have attachment issues relating, though not limited to, her estrangement. My case study will demonstrate how I clinically apply my humanistic and integrative values and theories and how this impacted the work. I will conclude by reflecting on my clinical work and my dissertation experience both personally and professionally.