

Abstract

Within this dissertation I explore a humanistic and integrative approach to working with developmental trauma. My research into developmental trauma, through my literature review, explores the impact on a child's development of self and implications into adulthood which occur through cumulative failings in the early attachment relationships. I draw on relevant theorists and research from the field of psychotherapy, human development, and neuroscience which evidence how healing can occur through a developmentally attuned therapeutic relationship. Through my case study I demonstrate how I integrate my rationale and key learning from my research to offer a reparative therapeutic relationship for my client to facilitate growth and healing.

Word count: 107