

Abstract

Within this dissertation I explore a humanistic and integrative approach to working with the somatic impact of developmental trauma. When working with trauma, we are essentially working with the body, and this must be a key element of the psychotherapeutic work with traumatised clients. Research is undertaken to identify what developmental trauma is, and how it occurs in the formative years of life. I focus primarily on sources in somatization of developmental trauma and impact on physical health in later life (Maté,2019). Drawing on literature from eminent theorists and researchers in the fields of trauma research, neuroscience, attachment, affect-regulation, somatisation, dissociation, somatic and sensorimotor therapies, I illustrate through a clinical case study, how healing from developmental trauma can occur within a safe, trusting, and 'reparative therapeutic relationship' (Clarkson,2003).

***“The Body Speaks Clearly to Those who Know how to Listen”
(Ogden,2015, p.25).***