

Abstract

This dissertation uses a case study methodology to explore the process of grieving from an attachment style perspective.

It is split into three parts. The first is a rationale for practice, which outlines my practice as a humanistic and integrative therapist. Demonstrating my belief, that the therapeutic relationship is vital to the process of psychotherapy.

The second part is a literature review exploring attachment styles and how it relates to bereavement therapy. Demonstrating that it can be useful to understand attachment theories when working with bereaved clients.

Finally, I provide a case study illustrating my experience of working with a reparative developmentally approach with an avoidant client, navigating through the bereavement process, and showing the importance of providing containment, trust, and safety to provide a secure environment in which to explore grief.