

Abstract

This dissertation explores working with disavowed anger from a humanistic and integrative perspective. It is separated into three main parts: my rationale for practice provides my personal philosophy, my literature review explores my personal and professional motivation for researching disavowed anger and finally my case study presents how I apply the research from my literature review and rationale, to my clinical practice. I have been working with a current client for nineteen sessions over eight months, and my aim has been to understand how working as a humanistic and integrative therapist can facilitate healthy expression and integration of previously disavowed anger and emotion.