

Abstract

From a Humanistic and Integrative approach to psychotherapy, this study considers how an insecure avoidant attachment style (Ainsworth, Blehar, and Walters, 1979) can impact a person's grieving experience. Aiming to explore whether someone with this attachment style may tend to avoid sharing with others their experience of grief and if this increases the risk of delayed or complicated grieving outcomes. I outline contemporary attachment-informed grief therapy which is presented in my integration and case study.

Using a case study methodology, the study is composed of three parts; my rationale for practice, followed by an overview of literature that explores the impact that an insecure avoidant attachment style (Ainsworth et al, 1979) can have on the grieving experience and how it can be applied to attachment-informed grief therapy. Finally, I present a case study that highlights the impact that attachment styles can have on how someone experiences grief and their ability to connect to others for support. I demonstrate the importance of providing a "secure base" (Bowlby, 1988).