

Abstract

In essence, this dissertation relates to 'the removal of the bandage and lancing the boil of the *mother wound*'. It investigates a humanistic and integrative approach to working with this wound, the injury of cumulative trauma and its influence on a disorganised attachment. I explore the healing and transformation that can take place through a culturally informed (DeGruy, 2005) developmental reparative therapeutic relationship (Price, 2016). My humanistic and integrative philosophy outlines my core beliefs and values, that provide the framework to my practice. I have critiqued a range of texts, both from within and outside the humanistic tradition to and discovered how this topic informs a humanistic and integrative approach to counselling and psychotherapy and its application to practice.

I have used case study methodology to show the impact of a mother wound, as it is experienced by the client as well as counsellor and how it manifests in the therapeutic relationship. Attachment informed therapy and its approach are used to manage the complexities of cumulative; unresolved, relational trauma that has developed as a means of survival caused by insecurity, an insecure base (Bowlby, 1988).

Word Count: 189