

1.0 Abstract

My dissertation is focused on working with developmental trauma from a humanistic and integrative standpoint. I begin by researching how developmental trauma is defined and how this is formed in early life. My primary area of interest is how the agonizing experience of childhood abuse can manifest in later life as a fragmented sense of self. Drawing on relevant literature from reputable researchers and theorists within the fields of neuroscience, psychotherapy, psychology and human development; I explore how powerful the reparative therapeutic relationship and re-experiencing can be in relation to recovering from developmental trauma and healing the fragmented self. The process of re-experiencing and healing the fragmented self within a reparative therapeutic relationship is illustrated in a clinical case study.