

Abstract

This dissertation investigates the potential of humanistic and integrative psychotherapy to support individuals experiencing the complex psychosocial impacts of sight loss. It adopts a qualitative, practice-based approach, integrating theoretical analysis with detailed case material to explore how a relational, client-centred therapeutic framework can facilitate healing in the face of profound loss.

The study centres on a detailed case analysis of a client navigating the multifaceted challenges associated with visual impairment, including grief, identity disruption, and social isolation. Reflections from clinical sessions, practice notes, and supervision were triangulated with insights from theoretical frameworks such as attachment theory, existential psychotherapy, and trauma-informed practice.

These sources collectively illuminate the therapeutic process, from initial engagement and assessment through adaptive interventions and an evolving therapeutic presence. This research is also informed by personal experience, which shaped a longstanding interest in how loss of vision can affect one's identity and relational world.

Key findings indicate that, when offered within an ethically sound and culturally sensitive space, a non-pathologising, integrative approach can catalyse a transition from cognitive defensive strategies to genuine embodied emotional engagement.