

Abstract

Having described and located myself within the context of my practice and my personal and professional development, this study explores then a Humanistic Person-Centred response to the question of men's responses to loss

This study demonstrates that as therapists we need to be aware that gender differences to loss exist, posing questions as to why this might be so. It emphasises the therapists need to be aware of such differences and the possible effects this might have within the therapeutic process.

The single case study reflects the therapeutic journey of myself and Geoff illustrating Geoff's journey from isolation and suspicion to greater awareness connectedness and self-actualisation.

Geoff's difficulties with loss and grief prompted the question regarding men and loss and the learning I gained from this supported me in my work with him.