

## Abstract

This dissertation details personal and professional philosophy as a humanistic integrative counsellor that includes person centred, gestalt, developmental, relational and psychodynamic theory. A literature review focuses on anger in loss and grief (ambiguous, chronic, complicated, anticipatory). Anger is shown mainly as helpful and sometimes unhelpful. It was identified and signified how anger difficulties can be developmental, and missed by lack of awareness and acceptance. Anger is linked to anxious ambivalent attachment style, ambivalence, guilt, shame, depression and affect regulation. A case study highlights: interventions supporting client anger and grief; and client and therapist avoidant processes that support anger and grief difficulties.

Word count: 101