

ABSTRACT

Loss and grief are an inevitable human experience and I will explore the implications of this for counselling and psychotherapy. First I outline my personal and professional philosophy as a humanistic and integrative trainee therapist, indicating which theories I draw on and how I believe change takes place. I review the literature on grief and loss, identifying the major theories and issues surrounding grief counselling and therapy. Loss is a key issue for my case study client and I present the establishment and development of our relationship. I reflect on the theories which underpin my practice and on how change occurs.