

Abstract

My aim in this dissertation is to gain an awareness relating to how experiencing traumatic loss in early childhood impacts on the development and formation of self. Furthermore, I wanted to consider how that information could be used to inform my practice as a Humanistic and Integrative therapist. Having become aware of the impact of traumatic loss during my personal therapy and training, I wanted to explore further the invisible scar and developmental traits traumatic loss leaves in its wake, the invisible internal explosion.