

## **1.0 Abstract**

I have conducted a qualitative methodology for the purposes of this dissertation into grief work, primarily working with 'Ambiguous Loss' within a Humanistic and Integrative framework. This dissertation consists of a rationale for practice, literature review concluding with a case study.

From my research I was able to assign a term 'Ambiguous Loss' to the trauma my client had been experiencing allowing for their grief to be brought into the here and now of our therapeutic work.

Until now my client had been suffering in silence whilst drowning in the confusion of their situation, the work has proved challenging for both my client and myself.

**Word Count: 105**