

Abstract

The purpose of this dissertation is to explore how resilience maybe useful for those in recovery from drug and/or alcohol misuse, a humanistic and integrative perspective. I have offered theories around why individuals use substances in a harmful way. I examined why some individuals may struggle to maintain a drug free life, and I offer how resilience may offer hope, within an empathetically attended reparative relationship.

This dissertation is in three parts- my Rational for Practise, the Literature Review and the Case Study.

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