

Abstract

The aim of this dissertation is to explore the world of the bereaved and gain an insight into the realm of living with grief. Within these pages I will explore different models of the grieving process. I will also share my own experiences of being bereaved, along with how I integrate my own personal philosophy as a humanistic- integrative therapist into my practice, when working with clients. I aim to show how the therapeutic relationship can be the vehicle for change.

I will demonstrate why clinical supervision along with personal therapy are an essential part of any working therapist world in sharing the therapist works ethically is paramount in safeguarding the welfare of the clients.

The format of my dissertation will flow, firstly through my own personal philosophy where I will share my own personal values and beliefs through the humanistic way of being; this will flow onto my literature review where I will introduce different authors from the worlds of the bereaved and of grief. Lastly I will put all the above knowledge into my case study, showing how I work with the bereaved through the humanistic integrative model of therapy.