

## Abstract

In this research the author took a closer look at disintegration anxiety – investigating how it manifests and what kind of healing transformation is possible from encountering this unique phenomenon. Heuristic research was used to extract the main themes of the experience, which can serve as an inspiring aid to fellow colleagues who would like to increase their understanding of this agony. It is the author's belief that disintegration anxiety corresponds to early childhood archaic wounds, demonstrating an insufficient and unintegrated self. Both of these areas are of primary importance for integrative psychotherapy and observing them more closely can inform therapeutic practice.