

ABSTRACT

This work concerns the inevitable human condition of bereavement viewed from an attachment perspective. Using a case study design I investigated early developmental relationships and adaptation to bereavement in adulthood within the context of my Humanistic Integrative approach. I explicate both my professional and personal engagement with the subject sharing some therapeutic applications for counsellors and psychotherapists. I provide reasoned argument supported by a literature review, for therapists to offer a secure, safe, loving relationship to those who are grieving, which is enhanced by incorporating knowledge of early attachment patterns.