

Abstract

This dissertation explores a humanistic and integrative approach to working with traumatic bereavement and its complex grieving process. The term traumatic bereavement refers to a specific type of bereavement where the loss is unexpected, untimely, and often (but not always) associated with horrific, violent or frightening circumstances. Elucidating the authors professional and personal engagement with the subject, this work provides a literature review offering a critique of current research and writings from a psychotherapeutic perspective. A case study demonstrates the authors considered approach to working with traumatic grief from a relational perspective, in support of healing, meaning making and post-traumatic growth.

Keywords: humanistic integrative psychotherapy, traumatic bereavement, trauma, bereavement