

Abstract

Grief is an inevitable part of life, and for each of us is a unique experience.

Through a detailed case study this dissertation explores, from a humanistic and integrative perspective, the influence and impact an avoidant attachment style has on the grieving process.

This exploration will comprise of three elements: rationale, literature review and case study.

The rationale offers a professional and personal humanistic and integrative philosophy and considers the importance of knowledge and awareness of attachment to enhance contact and growth.

An argument is presented through a literature review, for the enhanced understanding of avoidant attachment when working with someone experiencing grief, highlighting tendencies and offering relevant interventions.

The case study highlights the importance of a secure base in establishing a therapeutic relationship, how avoidance can interrupt the blocks to contact and conversely, how it can allow someone to experience their grief at a level and pace that is tolerable to them.