

Abstract

Eyes Wide Shut offers an exploration of dissociation, both my own and my client's. Dissociation is a concept that is used frequently, to explain anything from mild detachment from surroundings to severe detachment from physical and emotional experience. However, as a Humanistic and Integrative psychotherapist, dissociation, the essence of trauma involves a deeper-rooted experience where part of ourselves splits off while the other part carries on with normal life in an attempt to protect the Self.

Research offers profound insight on the neuroscience of dissociation and the brain's capacity to develop new neural pathways, known as neuroplasticity through the provision of the therapeutic relationship, which is the cornerstone of change.

The therapeutic relationship is where healing can begin. The literature contributes immeasurable understanding on how therapists can work with dissociative clients, placing great focus on the body and the importance of becoming aware of the sensations experienced by clients.

Clinical case study material illustrates how the literature on neuroscience and the clinical applications of dissociation have been put into practise, creating change within the therapeutic relationship.