

Abstract

During my training as a Humanistic and Integrative therapist, I became aware of my own unrecognised loss and grief, mortal and non mortal, often referred to in the literature, as Disenfranchised Grief, and how shame disavowed some of those losses from disruptions in contact in my earliest relationships.

This dissertation uses a case study methodology to raise awareness of unrecognised loss and grief within the therapeutic relationship.

I present my philosophy as a Humanistic and Integrative therapist and how this informs my rationale for practice.

In the literature review I explore historical and contemporary loss and grief theory and how unrecognised loss and grief is defined by relationships and society.

(111 words)