

ABSTRACT

Trauma is often separated by types of experience and symptoms which are used to judge the severity. This study focuses on the reality of impact of repeated, unprocessed interpersonal ruptures during childhood. It aims to link neuroscience, evolutionary and developmental theories as a way of understanding how isolating relationship trauma is from parts of Self and from others, how that limits potential for satisfying relationships, and how patterns persist into adulthood. Using a case study methodology, this study aims to illustrate how taking a humanistic, integrative approach to understanding and healing relational trauma in a therapeutic relationship can facilitate moving from isolation into healthier relationships with Self and others.

110 words