

Abstract

Using case study methodology, this dissertation explores dissociation and how it offers protection to the mind and body from overwhelming memories of traumatic experiences. It is split into three parts; firstly, my rationale for practice that outlines my philosophy and beliefs as a humanistic and integrative practitioner, and how I integrate theories from other modalities to facilitate contact and enhance my practice.

The literature review explores how dissociation has been interpreted and methodology designed to support victims of trauma from the early nineteenth century up to present day.

Finally, a clinical case study showing how I established a therapeutic relationship with a client, who has used dissociation to remain 'safe' throughout her life, and demonstrate a process of change within the therapeutic process.. I reflect on my own processes and how this impacted on the therapeutic relationship.