

Abstract

This dissertation explores humanistic and integrative attitudes towards suicidality. The term suicidality refers to suicidal thoughts, feelings and ideation, to the likelihood of someone ending their life through completion of suicide. Revealing the authors professional and personal experience with the subject, this dissertation offers a literature review that explores humanistic and integrative attitudes towards suicide and identifies how integrative psychotherapists may work with suicide. A case study provides evidence of the authors approach to working with suicide from a relational perspective and explores the integration of alienated parts of self to heal and affect growth.

Keywords: humanistic integrative psychotherapy, suicidality, suicide, suicidal, ideation, integration