

Abstract

This dissertation takes an embodied approach when “Working Relationally with Trauma.” It is both a personal and clinical endeavour to developing understanding of the complexities of multiple relational failure and its impact on the mind, body and soul. It also incorporates hope for transformation, creativity and love.

My rationale for practice details my humanistic and integrative philosophy and my understanding of the development of self. It also demonstrates how my clinical intent has evolved and my formulation of a trauma informed framework.

My literature review is far reaching and draws from theories from the origins of psychotherapy to those models who propose the self formed in relationship. It also encompasses neuroscience and somatic theory.

My case study demonstrates my ethical practice, use of self and my understanding of my processes, and that of the relationship. It also evidences the integration of theories that informs my approach and therapeutic interventions.