

## ABSTRACT

This dissertation investigates from a psychotherapeutic stance, the concept of self-fragmentation and explores how a reparative therapeutic relationship can offer crucial lifechanging healing. In finding the shards and placing together broken off and denied pieces of the self it enables, awareness, understanding and acceptance of the whole person. In re-integrating these parts within a co-regulated relationship, a new secure internal working model is achievable which inevitably leads to the rebuilding of a unique congruent healthy self-regulating self-structure.

This dissertation consists of my rationale for practice which outlines my philosophy and humanistic methodology as a Humanistic and Integrative Psychotherapist. I follow this up with a literature review on self-fragmentation where I have looked at key areas of relevant literature within my field. My final contribution is an in-depth case study where I demonstrate integration of my rationale and literature into my clinical practice.