

## ABSTRACT

This work considers a Humanistic and Integrative approach to counselling/psychotherapy, working with bereavement through the lens of attachment style. I consider early developmental relationships and how these can impact bereavement and grief reactions in adult life. I share my therapeutic approach in a case study based on a literature review critiquing research and writing that is currently available. I consider my own personal experiences of grief and attachment style and the impact that they have in providing those who are grieving with the support of meaning making.