

ABSTRACT

This dissertation explores the impact an insecure attachment style has on the process of grief. The term insecure attachment refers to two types of attachment style; 'anxious, ambivalent attachment' and 'avoidant attachment' which includes, 'preoccupied', 'dismissing' and 'fearful'. To explicate the author's professional and personal undertaking with the subject, this literature review offers current research and a critique of writing from the psychotherapeutic context.

The case study offers the author's weighed approach to working with insecure attachment style during the grieving process, through a relational therapeutic perspective.

KEYWORDS: Humanistic integrative psychotherapy, ambivalent/anxious attachment, Avoidant attachment, grief, insecure attachment, bereavement.