

1.0 Abstract

Within this dissertation I explore a humanistic and integrative approach to working with developmental trauma. Research is undertaken to identify what is meant by developmental trauma and how this is developed in early life. I specifically focus on the trauma of childhood emotional abuse, rejection and abandonment, exploring the impact of this upon the development of the self. Drawing on literature from eminent theorists and researchers from the fields of psychotherapy, neuroscience, human development and psychology; I define how recovery from developmental trauma can occur within a reparative therapeutic relationship. The recovery of the self within a reparative therapeutic relationship is then further illustrated within a clinical case study.

(113 words)