

## Abstract

Throughout the ages and across all cultures, philosophers, poets and story-tellers have acclaimed that *"the eyes are the windows to the soul"* (Shakespeare, n.d.). However, it is only recently, through the latest Psychotherapeutic, Neuroscientific and Neurobiological findings, this truth has been confirmed (Curie, n.d.), demonstrating the developmental importance of visual communication and its' fundamental role in the development of the Self (Stern, 2000).

This tool of sight is investigated by the researcher within this report, determining (through a qualitative methodology) whether qualified Integrative Psychotherapists adapt their practice to meet the clients' developmental (Winnicott, 1996) and Neurobiological needs (Porges, n.d.), when the loss of sight occurs in later life. Further, discerning whether the existential needs (Josselson, 1992) of both client and therapist can be met through such adaptations.

Semi-structured interviews were used to Heuristically gather and explore the experiences of four qualified Integrative Psychotherapists and determine this unconsidered phenomenon in current literature.

The findings evidenced the potency of all the senses/preverbal cues, in interacting with the external world and relating to other (Frank, 2011). It concludes that these preverbal cues offer the means to adjust to the loss of sight in relationship, meeting the developmental, existential and Neurobiological needs for Psychological growth (Josselson, 1992) and survival (Porges, n.d.).

Further, the research intimates an insight for the wider profession when enhancing the therapeutic relationship. Additionally, it shares a hope for sight impaired professionals in maintaining and increasing the efficacy of the relationship as a tool for growth, healing and change (Erskine, 1999).

**Key words;** Blind, Partially Sighted, Visual Communication, Preverbal, Disability, Therapeutic Relationship, Eye-Contact and Maternal Gaze.