

Abstract: Relational traumas have a significant impact on the process of growth, development and attachment patterns. This dissertation will explore relational trauma in the context of grief, loss and separation. The impact of trauma on an individual's Self-concept, and how this influences the grieving process. Considering relational deficits, and the implications of these on the self-concept.

Key words: attunement, trauma, Attachment, anxiety, grief, loss, Self-concept, deficits, impact, implications, separation, disturbance, neglect, Growth, development, impede, abandon, devastating, benefits.

Introduction

Relational trauma plays a profound role in the way in which we interact with others, and on our developmental process. My dissertation will explore relational trauma in the context grief, loss and separation. I will be investigating whether trauma plays any role in impeding the grieving process and the implication of this on an individual's self-concept. I will also be looking at relational deficits and the implications of these on an individual and my own self-concept

As a clergy for over thirty-four years, I have worked pastorally with parishioners dealing with trauma of different kinds and have observed the impact trauma has had on their lives, particularly surrounding grief. For some time, I have been curious about the unrecognised ongoing grief of carers. In the case of my client, the individual they are caring for, however, the process of loss has begun for him and can be observed as a powerful grief process, which was not fully in his awareness. This has heightened my curiosity and my desire to research the subject area, its consequences on the grieving process, the wider implication of this in regards of relational deficits, and an