

Abstract

Within this dissertation, the process of grief is explored from an attachment style perspective. Using a case study methodology, specific focus is given to ascertain the impact of an avoidant attachment style on the process of grief after bereavement. A rationale for practice is initially outlined to provide therapeutic context. Supported by relevant literature from eminent authors, both historical and contemporary, a reasoned argument is provided for the early assessment of clients' attachment styles in order to effectively support clients in their grief process. Therapeutic applications are proposed to achieve this within the context of a humanistic and integrative approach; illustrated further within a clinical case study.