

Abstract

This dissertation examines the phenomena of dissociation - the essence of trauma (van der Kolk, 2014) - through the lens of a humanistic and integrative approach to psychotherapy. Although dissociation is better understood today, especially with the advances of neuroscience, it is still a very controversial subject, particularly within the humanistic realm of psychotherapy. Within this dissertation I include my Rationale for Practice which discusses my philosophical approach and theoretical integrations to psychotherapy, along with an overview of ethical considerations, the assessment process and how change occurs. This is followed by a Literature Review on dissociation, analysing and critiquing relevant literature in the field, whilst exploring ways to work with it as a humanistic and integrative therapist. Finally, I present an in-depth Case Study, following the long-term work with a dissociative client and the impact this has on the therapeutic relationship.