

1.0 Abstract

Within this dissertation, I explore a humanistic and integrative approach to working with the impact of developmental trauma on the window of tolerance. I discuss the meaning of the window of tolerance and how trauma impacts effective regulation. I specifically focus on early relationships and how traumatic experiences cause disease and mental health-related issues, causing interruptions to self and interpersonal relationships. Drawing upon relevant research and literature from world renowned theorists within the psychotherapy field, neuroscience and human development, I define how recovery of self can be found by using the window of tolerance within the therapeutic relationship. I demonstrate this with a case study that demonstrates safe and ethical practice and shows how I was able to facilitate growth and healing.

“You can’t go back and start the beginning, but you can start where you are and change the ending.”

C.S. Lewis