

Abstract

This dissertation is the final piece of my training on a BSc (Hons) Humanistic & Integrative Counselling and Psychotherapy course. It starts with my rationale for practice where I describe my humanistic philosophy, formation of self and psychological disturbances, facilitating change, rationale for integration, the theories I integrate and why, diagnosis and assessment, ethical considerations, client overview and context and future aims.

I then provide a literature review where I focus my research on the causative effects on a wounded child whose mother was absent from her (developmental trauma). Drawing on literature from various theorists and modalities within the field of psychotherapy and neuroscience, I specifically look at the effects of developmental trauma from childhood emotional abuse, rejection, neglect and abandonment.

I will then evidence my clinical practice within my case study. I provide a secure base to work ethically with Suzy (pseudonym) in a therapeutic relationship to acknowledge her wounds and attend to them. I help Suzy increase awareness of her developmental and unconscious processes, to integrate fragmented parts of self to form a cohesive whole human being embracing autonomy.