

Abstract

Even though there is overwhelming evidence that trauma during our early formative years can cause damage and stunted development, there seems to be little in the way of a differentiated psychotherapeutic approach. This research study aimed to explore how Integrative Psychotherapists apply an understanding of applicable neuroscience when working with clients who suffered developmental trauma. A qualitative study was undertaken using a grounded theory approach and interviewed five participants, using semi-structured interviews, who were all Integrative Psychotherapists with experience and interest in this field. From the findings of this research a framework emerged that identified developmental deficits, and the associated therapeutic task needed to address them. This study concluded that it is possible to apply neuroscience to integrative psychotherapy, and that the findings suggest ways in which this can be implemented, but that a more generalised and applicable framework might be produced in the future if the study could be applied on a larger scale with higher participation and wider demographics.