

Abstract

Current research appears to neglect the Adult-Child's experience of wellbeing, post-traumatic growth and individuation in their voluntary estrangement from their parent(s). Furthermore, research on therapy as a supportive tool throughout this process tends to fall foul to the commonly held stigmas surrounding family relationships; either prompting family members to re-engage or providing preventative interventions. Through heuristically exploring the integrative psychotherapist's perspective as Adult-Children of voluntary estrangement from their parent, this study brings awareness to the experience of the simultaneous fluid processes of becoming an integrated person whilst leaving family members, with the support of personal therapy. Theoretical constructs and frameworks have been reviewed and assessed, alongside a literature review of presently accessible data on the topic.