

Abstract

This is an exploratory study into the experience and the impact of bereavement during childhood. In particular, the impact of losing a sibling. There is much research published on parental bereavement but little on the loss of a sibling. This is a heuristic study to explore the experience of three participants. The study gives the experience and illuminates common themes that were experienced. It offers suggestions for what the participants found beneficial in their therapeutic journey, which may inform others. The study found that the researcher was able to conceptualise the experience with the principles of the assumptive world theory, which gives an understanding to others within psychotherapy practice and is suggested for further reading and research.