

Abstract

The theory of trauma and somatisation is gradually gaining more recognition in society. A thorough review of the literature reveals the interconnections between trauma, bodily embodiment, and health outcomes; the links between trauma and the body are real and evidenced.

The question of 'So what does this mean for humanistic integrative psychotherapists' begins to be addressed through a case study methodology. This research offers reflections on the practical applications of the theory related to trauma and the body in the context of clinical practice. It exemplifies the transformative journey of a client, highlighting the intricate interplay between emotional wounds and somatic ailments. The outcomes of this study therefore contribute not only to an enhanced understanding of trauma's ramifications and advocate for the integration of holistic perspectives, particularly within the allopathic medical approach for individuals across the board but also for the importance of trauma and relationally informed approaches in psychotherapy.