

Abstract

Within this dissertation, I investigate a Humanistic and Integrative approach to working with developmental trauma. I explore the area of accumulative trauma (small T), which can seem more significant to a client than a one-off traumatic event.

Drawing on significant literature and research from the field of counselling and psychotherapy, neuroscience, and established theorists, I explore what developmental trauma is, how it appears in the therapy room and how change occurs.

Through my case study, I demonstrate how my rationale for practice is integrated into real-life situations, fundamental knowledge of how developmental trauma can affect a person and how offering a reparative therapeutic relationship can assist change, growth, and healing.