

Abstract.

Over the last two and a half years of my training, I have become more aware of how I curiously experience my sense of self, my relationship of self and with the other, drawing on my personal experiences and clinical practice. My dissertation aims to explore the impact of the death of my secure base as a young person and my grieving processes in my adulthood, in conjunction with an ambivalent avoidant style's grieving process with cultural undertone. I will explore my role as a bereavement counsellor in how I integratively facilitate, encourage, and build a positive therapeutic alliance.

I begin with outlining my rationale, which describes my values and philosophy. Followed by my literature review which offers contextual background to attachment theory on grief and grief models, and critical analysis of some text, highlighting the gaps in literature and look into the future. Finally, my case study will demonstrate my work as a humanistic and integrative practitioner. This will be evidenced in the change and growth experienced by the client. In conclusion, I draw my personal reflections and learnings.