

- Abstract

This dissertation is an exploration of Racial Trauma and how it relates to Psychotherapy in the UK.

My decision to undertake this area of study and research was borne out of a lived experience of racism. Knowing that I was not alone in this experience, I became curious as to how Humanistic Integrative Psychotherapy was equipped with relevant interventions.

I explore the historical definition of Trauma leading on to Racial Trauma and how this is defined and addressed within Psychotherapy.

I describe my approach as a Trainee Humanistic Integrative Psychotherapist, explaining my rationale for practice, the theories I integrate and why.

I then conclude with a case study with my client 'Lorraine' weaving theory into practice, as she allows me into her lived experiences.