

## **Abstract**

Using a case study methodology, I present my Humanistic and Integrative approach to trauma-related dissociation. This is divided into three sections: a rationale for practice, a literature review, and a case study. My rationale outlines my philosophical and theoretical integrative approach. The literature review explores dissociation, considering its causes, effects, and symptoms. I critique the literature on dissociation and discuss approaches to working with dissociation and safety within my approach. The case study examines my work with a client experiencing trauma-related dissociation, critiquing and evaluating my interventions to show how theory and personal philosophy inform my practice. Finally, I reflect on my professional and personal learning and its significance for my clinical practice.