

## **Abstract**

This dissertation examines dissociation through a Humanistic and Integrative lens, integrating contemporary theories with personal and clinical experiences to explore the dynamics of dissociative behaviours within therapeutic settings.

The dissertation begins with a rationale outlining the philosophical beliefs that underpin my approach, which are integrated throughout the text. I then conduct a literature review on dissociation, providing deeper insight into my personal and professional motivations and illustrating how dissociation theory fits within a humanistic framework. A detailed case study follows, offering an in-depth analysis and reflection on the dissociative processes experienced by both myself and my client. This analysis demonstrates my integrative and humanistic practice and reflective grasp of the therapeutic process.

When I began my training, I was unfamiliar with the concept of dissociation and lacked the vocabulary to describe my experiences. This dissertation marks a significant milestone in my journey towards a deeper understanding, awareness, and empowerment, personally and professionally. With my client, we have navigated this path, leading to a collective awakening of heart, body, and soul.