

Abstract

This dissertation explores relational trauma and a disorganised attachment from a humanistic and integrative perspective, drawing on theories outside of this approach that sits alongside, to benefit the relationship. I present this in three parts, starting with a rationale for practice demonstrating my humanistic philosophy and theoretical underpinnings, which are incorporated throughout my work. I then review the literature on relational trauma and the history of attachment, and how this has evolved through a neuroscientific perspective. I incorporate working with a disorganised attachment from a humanistic and integrative perspective, concluding my findings, and highlighting gaps in the literature. Followed by an in-depth case study that reflects relational trauma and disorganised attachment, reflecting upon the co-created relationship. I demonstrate how theory informs my reflexive practice and my humanistic and integrative approach. My initial aim was to inform my professional practice, yet along this journey, I have also gained a deeper insight and understanding of how I came to be who I am today.