

## **Abstract**

Within this dissertation, I explore developmental trauma from a humanistic and integrative perspective. I include my rationale for practice, which describes my philosophy and integration, how I believe the self develops and is disrupted and how change takes place. A review of literature from prominent trauma theorists and neuroscientists follows, describing the occurrence and impact of developmental trauma within the attachment relationship and how to work with this therapeutically. Lastly, I include a case study that illustrates my therapeutic rationale in practice. It incorporates learning from my literature review and demonstrates the facilitation of change, healing, and growth through the therapeutic relationship.