

Abstract

Using a case study methodology this dissertation is a presentation of my work as a humanistic and integrative therapist working with developmental trauma. It is presented in three sections: a rationale for practice, literature review and case study featuring a piece of live work with a client.

My rationale for practice delineates my philosophical and theoretical underpinnings as a humanistic and integrative therapist. Subsequently, a comprehensive literature review explores the definition, classification, and impact of developmental trauma. Encompassing an exploration of historical and modern literature, studies, and theorists within the interdisciplinary domains of neuroscience, human development, psychotherapy, and psychology. Specifically, I will focus on the multifaceted ramifications of developmental trauma on the formation and development of self.

Finally, through a case study with a long-term client, I will demonstrate the application of my philosophy as outlined in my rationale for practice alongside my theoretical integration, influenced by my literature review and studies to date. I will consider and evaluate my interventions and describe the evolution of the intersubjective therapeutic relationship and the process of change. Moreover, I seek to demonstrate the impact and reparative nature of the therapeutic relationship as a conduit for fostering resilience and effectuating transformative positive change. Finally, I will conclude with my closing thoughts on this work and chart possible future directions.