

“Living in the Shadows of my Therapist’s death”.

This paper explores the deeply personal and therapeutic impact of continuing to live in the shadow of my therapist’s sudden death through the dual lens of psychotherapist and client.

Drawing on theories of attachment, mourning and internalisation I address the loss that stirred up a profound experience of unknowing and confusion and I reflect how, left in its wake, I am confronted with earlier loss and intergenerational trauma. It explores the paradox of absence and presence: how my therapist’s voice, once a reliable figure becomes an internalised echo that still offers containment, wisdom and a daily presence. Through this mourning process there continues to emerge insight and meaning from the shadow of this loss, enriching my psychotherapeutic work.

I am a registered psychotherapist and supervisor living in Tamaki Makaurau/Auckland. I work in private practice and am passionate about working with couples and individuals. My professional background encompasses trainings in body and psychodynamic psychotherapy with a special interest in Emotionally Focused Therapy (EFT).

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