

## *Abstract*

*The* aim of my study was to explore the question :- is Humanistic Person-Centred Psychotherapy an appropriate therapeutic orientation for shame therapy? A review of the literature on shame is presented and discussed in relation to my findings. The data, (a case study), which describes the relationship between myself and a client, her journey through therapy and her deep sense of internalised shame is analysed using a heuristic research method. A discussion of the analysis follows and the implications for Humanistic Person-Centred psychotherapy considered.