

ABSTRACT

This study is an exploration of Rogers' core conditions, and asks the question "How 'necessary and sufficient' are the core conditions for working with issues of shame and narcissism?" A qualitative heuristic methodology is used to explore a single case study. The related literature on shame, narcissism and the core conditions is reviewed and discussed in relation to the case study. The study concluded that the core conditions are 'necessary' but 'not sufficient' for working with issues of shame and narcissism in therapy. The research suggests that the use of person-centred theory in conjunction with gestalt theory provides a more comprehensive approach to humanistic psychotherapy.