

Abstract

The purpose of this study was to explore how a personal and theoretical understanding of shame might contribute to the growth of a client, in humanistic person centred therapy. The related literature on shame was reviewed and discussed in the light of my findings. The data was generated from a single case study that describes my therapeutic relationship with a shamed based client, and analysed using a heuristic research method. The implications my findings have for humanistic person centred psychotherapy theory and practice are discussed, the limitations of my chosen methodology are highlighted and possible future research is considered.