

Abstract

The aim of this dissertation was to explore the implication and impact of working therapeutically with shame, especially with regard to identity that has developed through repeated shaming experiences in significant relationships. Here, identity is defined as consisting of multiple configurations of self.

My own experiences with shame have influenced my decision to study it, and my case study demonstrates how, in my clinical practice, I have applied my good theoretical knowledge of working with it therapeutically.

As a Humanistic Integrative therapist, I work relationally, integrating relational theories to enhance the quality of the working alliance. Here, I demonstrate that the quality of the therapeutic relationship is the most important factor in facilitating the healing of shame.