

Abstract

This dissertation examines the formation of shame as a part of human development and the effect of internalisation of shame on the self concept. It considers research from Transactional Analysis and Gestalt theory. The research is considered in the context of a case study based on humanistic and integrative theory. It demonstrates the commonalities between attunement, presence and building the interpersonal bridge.

Note: Throughout the dissertation words in *italics* are listed in the glossary.