

Abstract

In this phenomenological study, with the help of six participants, I conducted interviews to explore how the Integrative Psychotherapist experiences shame in the therapy room, how they manage this shame and whether they explore these aspects in personal therapy and/or supervision. I also looked to explore how the Integrative Psychotherapist worked with their own shame in the room and if they were aware of any impact on the client.

This study lends support to existing literature and empirical studies. Therapists had their own personal ways of managing shame which ranged from the use of movement to supportive relationships. All therapists had undergone personal therapy, which was seen by some a place to explore their shamed selves though for others this was not the case. Supervision faired similarly and for some resulted in the withholding of information. In working with shame, therapists discussed ways in which they were sometimes constricted by shame but there was also the opportunity to be creative in their use of the experience in learning about their client.