

Abstract

The purpose of this study was to investigate more about the subject of shame and how shame has an effect on the Humanistic and Integrative therapeutic relationship. A literature search was used to determine the main themes of the increasing body of work around shame and to look at the different ways of working with shame as a psychotherapist. The main conclusions were that shame should be approached directly by the therapist within the therapeutic relationship and that the client should be encouraged to increase the amount of intrapsychic contact around shame processes. Overall, shame should be a subject that psychotherapists remain vigilant for at all times within their work with their client.