

The purpose of this study was to explore the shame phenomena with particular focus on its developmental origins, how it can impact upon identity, and how it can be worked with therapeutically from a Humanistic and Integrative perspective.

My decision to undertake this study originated in my own experience of shame and belief that there are risks in having a limited competence of shame which may impede upon the therapeutic process.

As a Humanistic and Integrative therapist, a case study provides an example of how I critically reflect upon my clinical practice, integrating my theoretical knowledge and demonstrating how the therapeutic relationship can provide healing.