

## Abstract

The purpose of this dissertation was to explore the impact and resolution of shame from a humanistic and integrative perspective. Emphasis was placed on the interpersonal generation of shame and how it can be healed from within relationship as this was felt to further inform humanistic and integrative practice. This dissertation comprises three component parts; a rationale for practice; a review of the relevant literature on shame; and a case study from my clinical work as a trainee therapist, whereby working with shame became a part of our journey together.