

Abstract

This dissertation aims to explore the implications of repeated shaming experiences in forming identity and behaviours and their impact on the development and maintenance of a contactful, relationally-based therapeutic relationship.

It discusses how to heal shame and relational ruptures through the provision of a consistent, supportive, reparative relationship.

My personal experience of shame influenced the focus of my studies. My case study acknowledges the impact shame has on our processes and demonstrates how my Humanistic and Integrative approach facilitates change through a uniquely co-created relationship.

(...86 words)