

Abstract

This dissertation aims to explore the power of shame and how shame can have an effect on the Humanistic and Integrative Therapeutic Relationship.

My dissertation is presented in 3 parts.

The first part is a description of professional practice. I will outline my personal and professional philosophy as a Humanistic and Integrative therapist, outlining which theories I draw on and how I believe change takes place.

The second part is my literature review that begins with the history of shame and a review of the literature. I will then go on to look at the effect of shame on identity, how we defend against shame and finally the healing of shame within a Humanistic and Integrative Therapeutic Relationship.

The final part is my case study, where I will track the process between me and my client illustrating how I work therapeutically with shame. I conclude with an evaluation of the work.