

Abstract

Shame is becoming a cultural epidemic, thriving in secrecy and silence; the aim of this dissertation is to give shame a voice. Despite the wealth of information available on shame, there is little written from a Humanistic perspective. This does not fit with the Humanistic view of holism; which inevitably includes the concept of shame. Thus this dissertation provides a small piece in exploring working with shame, as a Humanistic and Integrative Counsellor and Psychotherapist.

I work to a Humanistic ethos, valuing unique subjectivity, which has developed into my personal philosophy and style. I consider myself to work relationally, with emphasis on enhancing contact in the therapeutic relationship, facilitating the potential for a corrective emotional experience as part of the reparative relationship. I interweave ethics, developmental and relational theories to contribute to the quality of the therapeutic relationship; this is evidenced through a rationale for practice and case study.

A literature review is included summing shames origins, psychological history and implications for practice. What emerged is evidence shame is universal and a result of both nature and nurture, a prepositioned affect which is developed in relationship. Developmentally shame can form healthy moral codes and aid survival, or become toxic depending on how shame has been interpersonally handled. Unhealthy