

Abstract

I aim to demonstrate through my rationale to practice and using a case study methodology how I approach therapy in a humanistic and integrative way. My literature review was guided by my interest in shame and I focus on the implications of shame on the therapeutic relationship.

This dissertation has three sections, the first of which is the rationale to practice. This section highlights how I integrate humanistic and integrative philosophies in my practice to understand and facilitate healing in the client. The importance of ethics is considered along with the context of practice.

The second section explores shame in depth. After an initial overview of shame, this section references the sources I've used and also describes the historical context. The literature I found useful in my search is evaluated here.

The third section is a detailed case study of my work with a client. This qualitative narrative demonstrates how I work within a humanistic and integrative framework. The importance of supervision and personal therapy throughout and their effectiveness in dealing with my own shame issues is illustrated here.