

## **Abstract**

The purpose of this dissertation is to explore the impact of shame on the therapeutic relationship. My reason for this exploration is due to my own experience of shame within the therapeutic relationship and how it can be dissolved within a therapeutic relationship to facilitate the process of change. In this piece of work, I will demonstrate my understanding and competence as a Humanistic and Integrative trainee counsellor and psychotherapist.

I present my dissertation in three parts; the first is a description of my professional practice that includes my personal philosophy and approach to practice. The second is my literature review, which begins with the history of shame, includes a review of the literature on shame and the impact on the therapeutic relationship. Due to their relevance to my title, work with my case study client and to support, develop and enhance my professional development and practice, I focus on the development of shame, the consequences of shame proneness, the area of relationship shame affects and working with shame in the therapeutic relationship. In the final part my case study, tracks and explores the process between my client and I, highlighting the impact of shame. I conclude with an evaluation of the work.