

Abstract

During my training as a Humanistic and Integrative therapist I became aware of how I personally experience shame and how this affects who I am in relationship. This developed into a particular interest of aspects of shame in my clinical practice.

This dissertation uses a case study methodology to explore the development of shame in our earliest relationships, its impacts and how it can be healed in a therapeutic one.

I present my philosophy as a Humanistic and Integrative therapist and how this informs my rationale for practice and the theories I use to facilitate change in a therapeutic relationship.

In the literature review I consider theories behind the development of shame, how it is maintained in relationship and subsequently explore how to effectively address shame in clinical practice considering its complexity.

The case study demonstrates the application of my philosophy and rationale in the establishment and development of a therapeutic relationship within which I explore aspects of shame.