

## **ABSTRACT**

Whilst training as a Humanistic Integrative therapist I became aware of how my shame was caught by my client's shame. In this dissertation I explore the co-creation of shame in the therapeutic relationship using a case study methodology.

I present my dissertation in three parts. First the Rationale for Practice describes my philosophy as a Humanistic Integrative therapist and the theories that I integrate to facilitate change in the therapeutic relationship.

A Literature Review explores how shame is perceived as developing from something benign and healthy into chronic shame, before considering how shame might be co-created in the therapeutic relationship.

Finally a case study demonstrates the application of my rationale for practice and how my growing understanding of shame impacted on the work with one of my clients, enhancing the depth of the therapeutic relationship.