

ABSTRACT

With a view to restoring interpersonal bridges, this dissertation explores how a humanistic/integrative therapist might approach clinical work with clients affected by Self-limiting shame. Chapter one briefly explains the malevolent impact shame has had on my own sense of self. Chapter two clarifies my philosophy and rationale for choosing to work as a Humanistic/Integrative therapist; in the third chapter, I review current literature containing theories and ideas from a range of authors who have written about shame and interpersonal bridges, in a pursuit of defining how I might work as a therapist to facilitate the restoration of severed interpersonal bridges in my client's lives.

A live client case study, is used to highlight examples of theory in chapter revealing my client's growth at each stage within our co-created therapeutic relationship. With an aspiration towards restoring interpersonal bridges and transcending self - limiting shame, this explores the therapeutic journey we took together. As the relationship with my client outlives this study, I will conclude in the fifth and final chapter with reflections, and considerations on the potential trajectory of our future therapeutic encounter