

Abstract

This dissertation focuses on the therapeutic healing of shame.

I provide an introduction outlining my personal and clinical motivations for my chosen topic, and the expectations of my study.

I then outline my rationale for practice, including my humanistic philosophy, theoretical integration, ethical framework and context of practice.

A literature review provides a definition of shame, historical account of shame theory, and a critique and analysis of literature exploring the therapeutic healing of shame.

A case study demonstrates how I form a therapeutic relationship with a shame bound client, and how change and healing occur.

I bring my findings together with a conclusion, reflecting on the process of writing this dissertation, how my knowledge has developed, and areas for further study.