

## Abstract

This dissertation focuses on a specific area of shame: the moment that the interpersonal bridge breaks and what can be done to repair it.

It is divided into three parts: my rationale for practice, a literature review and a clinical case study with a client I have been working with for 18 sessions.

The rationale explains the beliefs and theories that underpin my work as a humanistic and integrative practitioner, details my clinical placements and explains how my ethical framework provides a safe, effective therapy for clients.

My literature review gives a brief definition for the concepts of shame and interpersonal bridge before taking an in depth look at three texts that relate specifically to the topic of my dissertation, acknowledging the lack of available literature.

My case study combines the two previous sections and brings life to the theories that I have studied. I demonstrate how having the courage to face shame rather than hiding from it can bring change both for the client and for the therapist.