

Abstract

The purpose of this dissertation is to explore Shame and Defences Against Shame. Together with the impact they have on establishing and maintaining the therapeutic relationship and how they affect the level of contact within it. I chose this subject after becoming aware that my own shame had remained hidden and out of awareness despite extensive personal therapy.

Through this dissertation I will demonstrate my understanding, development and competence as a trainee Humanistic and Integrative therapist. I adhere to the Ethical Framework of The British Association for Counselling and Psychotherapy (BACP) and The Codes of Conduct of both the BACP and The Sherwood Psychotherapy Training Institute.

Using a case study methodology, I present my dissertation in three parts. Firstly, a description of my professional practice including my personal philosophy. Followed by a literature review showing an overview of shame, with a more detailed look at defences against shame from the perspective of key voices on the subject. And a case study as an example of my ethical practice in working with shame and its defences within the therapeutic relationship.