

## **Abstract**

*“Shame is the experience of one’s felt sense of self disintegrating in relation to a dysregulating other” (DeYoung, 2014)*

This new relational definition of shame gives a new refreshing way of looking at, understanding and working with shame. As a Humanistic/Integrative therapist I work with shame as it is formed in relationship and is healed in relationship. I explore the healing of shame within the therapeutic relationship.