

Abstract

As I have trained to become a Humanistic and Integrative therapist I have become aware of how I experience shame and the impact that it has on who I am in relationships. As I became aware, I resolved to delve into this more, with a special focus on how clients might experience shame and how my own shame could affect the therapeutic process.

This dissertation comes in three sections. The first is a rationale for practice. In this I will show how my own philosophy as a humanistic and integrative therapist informs my therapeutic practice and how I view therapeutic change occurs within the relationship.

In the second section, the literature review, I will consider theories around shame, how it is developed, reactions and defences to it and how the therapists shame can impact on the relationship.

The third section uses a case study methodology of work with a client, to show how I approach therapy in a humanistic and integrative way as well as applications of my rationale in forming a therapeutic relationship.