

Abstract

This dissertation reflects my current understanding of counselling and psychotherapy. It shows how my personal and theoretical philosophies are embedded into my humanistic and integrative practice. The theme that runs through the three main categories is shame and how it impacts contact. I chose this subject because I was curious about how my shame could affect contact in my clinical work with my clients. I wanted to explore what happens to contact in the therapeutic relationship when shame is brought into the relationship and how it enhances or diminishes it.