

Abstract.

Training to become a humanistic and integrative therapist has allowed me to become aware of my own shame and the impact it cast over who I am and how I conduct myself in all the relationships I have.

The more enlightenment I acquired the more my appetite for this subject increased. I became enticed in to how it affected the clients I saw and the copious impairment it caused. I became attentive of how my shame may affect the therapeutic relationship I was in and vice versa.

This dissertation comes in three main sections, the first is my rationale for practice, which I aim to show you my personal philosophy as a humanistic and integrative therapist. The second shows my research in my literature review and my findings on shame and how it may affect us. The third part consists of a case study and my relationship with the client concerned.