

Abstract

This dissertation will explore the concept of shame through the lens of a humanistic and integrative psychotherapy.

I will present my dissertation in three different parts. The first section discusses the rationale behind my professional practice. This also entails my philosophy and beliefs as a trainee therapist. I explore how change happens and the potential people have to grow. My rationale emphasises the importance of not labelling people and seeing the fluidity of a person.

The second section contains my literature review which explores shame historically and how powerfully the shame can engulf an individual and impinges on their identity. This section also explains my research and the narrowing down I did to reach my point of topic. I felt it important to highlight the hidden aspect of shame and how it was a taboo. I discuss the healing impact a therapeutic relationship can have on the shame process.

The third and final part contains my case study where I explore the relationship between my client and myself. This proves to have a huge impact on me and my work reflects how I supported myself through these hard times. This work demonstrates a very shame based process. Following on from this I compile a conclusion on which to evaluate my work.