

## **Abstract**

Shame is a ubiquitous human experience that is an affect of loathing and condemnation towards the self, in which the person is left believing they are flawed in some inherent way. Shame is pervasive and universal. As a practising psychotherapist, it is likely that shame will have followed you into many a therapy hour. This dissertation draws together my experiences, as a trainee psychotherapist, of shame in the therapy room, through the illustrations of my rationale for practice, a review of shame literature and application of these two with a case study client, using a case study methodology. I will demonstrate that not only is awareness of shame is important, knowing our own shame is a fundamental part of being an effective psychotherapist.