

1.0 Abstract

Throughout this work I would like to explore and demonstrate what shame is from a Humanistic and Integrative perspective. Shame is a powerful process that permeates the therapeutic relationship, so I would like to show how shame arises in the therapist and effects the relationship between therapist and client.

An important part of this piece of work is to demonstrate how my shame arises in the therapeutic encounter. To show this I will provide a case study demonstrating my work with a client who I have been working with for over one year.