

## **Abstract**

This dissertation looks at the links between shame and early attachments. I reflect on my own shame in attachment and offer a critical review on the literature of both subjects. My case study demonstrates my stance as a trainee Humanistic and Integrative therapist and the effectiveness of what I choose to integrate within a relational context. Finally, I offer my thoughts for further research relating to shame and attachment, with a view moving from a shamed place to a secure base.