

## Abstract

This Dissertation offers an insight into the how shame encompasses the very being of self and leads to destructive tendencies being played out through addiction.

Firstly, I identify in my rational for practice my own views on philosophy, the ways of working I engage with and feel lie at the very heart of the true meaning of therapy. I work in a Humanistic Integrative way and I am passionate about optimising my beliefs in the work I do in therapy. This is outlined in my rational.

The literature review looks intently at shame. What shame is, the theory that informs our understanding of shame, the role of shame and addiction, along with the therapeutic role when working with a shame-based client.

The unveiling of shame in the therapeutic alliance is highlighted in this case study, where shame is challenged by acceptance of self. I attempt to create a relationship in therapy that starts to invokes change. I offer the core conditions to open up the beginnings of a relationship with my client and proceed to identify a Humanistic Integrative way of working with shame to facilitate the healing process. By the opening up the beginnings of a newfound sense of self, I hope my client will begin to heal and not continue to be consumed by feelings of immense shame.