

## Abstract

Through my training to become a Humanistic and Integrative psychotherapist I became aware of shame and how it influenced so many aspects of my life. To further understand my shame and its impact on the therapeutic relationship, with a shame-based client I wanted to understand more.

This dissertation is in three sections.

My philosophy and its influence on my rationale to practice including the theories I use to integrate into my work.

A review of the literature on shame, including its formation, affect and how healing occurs.

Finally in a case study, how shame impacted the therapeutic relationship but ultimately is losing its battle.