

Abstract

This dissertation will demonstrate my practice as a Humanistic and Integrative Psychotherapist, focussing on shame and how it can interrupt interpersonal or intrapsychic contact within the therapeutic relationship. I will provide a rationale for the framework in which I practice, with ethical considerations highlighted throughout the dissertation. Following, this a literature review will cover the history, experience, formation and healing of shame leading on to current literature that addresses therapist's shame in the therapeutic relationship. In support of my rationale and literature review a case study will be included that brings together my practice as a therapist while living with shame.