

## **Abstract**

This dissertation explores the presence of shame within the therapeutic relationship from my Humanistic and Integrative approach, described in my rationale for practice. A literature review includes definitions of shame as a concept, both historically and currently, exploring research relating to the impact that shame has on the formation of self and the impact it poses whilst active within relationship. The case study component supports my therapeutic intent for working alongside shame, reinforcing how chosen interventions can support and create a relationship that facilitates the safe exposure of shame within a healing relationship.