

Abstract

In this dissertation I will inform the reader, how my research into literature pertaining to shame formed within relational trauma to a dysregulating other is often at the root of what the medical model defines as psychopathology. I will demonstrate how this research in conjunction with my humanistic philosophy and integrative approach has come to inform my clinical practice in terms of developing a reparative relationship, deliver effective interventions, and promote recovery of shame formed in relational trauma. This will be demonstrated in my case study.

The Work is divided into three main sections:

A Rationale

In my rationale I draw upon humanistic concepts from the Person-Centred, Gestalt, and Transactional analysis schools of thought that I integrate with relational psychodynamic modalities such as Self Psychology, Object Relations, Developmental theories pertaining to attachment and affect regulation and developments on neuroscience.

Literature Review

In My literature review I will demonstrate/expand upon how my practice has been further enhanced by deepening my understanding of relational psychotherapy and developments in neuroscience as touched on in my rationale but more specifically in terms of how they pertain to the treatment of healing the voices of shame formed within the context of relational trauma.

Case Study

I will demonstrate how I have applied both my rationale and learning from my research outlined above within the therapeutic alliance. I will do this in terms of the intrapsychic and interpsychic processes within the intersubjectivity of working relationally with my client to promote relational depth/ establish right to right brain connection.

Overall Conclusion

The Case study is tied up by a reflection on the impact this piece of work that has led me to working at relational depth, with right to right brain contact, with my client who was prepared to sit in his darkness with me to heal his shame formed with relational trauma has had on me as a practitioner and a human being.