

## Abstract

Within this dissertation, I explore a Humanistic and Integrative approach to working with shame as an attachment emotion. I present my rationale for practice framework, showing ethical and safe practice. The literature review focuses on the advancement of shame theory, the foundations of attachment theory and the emerging consideration of shame as an attachment emotion. I discuss my reflections on this complex subject given the advancement of neuroscience and how I feel this knowledge can be used. Drawing on eminent theorists from psychotherapy, I present a case study illustrating how a reparative therapeutic relationship can aid internal contact, growth and resilience when a client has experienced the trauma of shame as an attachment emotion.

114 words