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Abstract

This dissertation demonstrates how I came to understand my shame whilst developing as a humanistic and integrative therapist. Through the development of a therapeutic relationship, with my client, I was able to offer a new experience from

that of her past. There were times when shame was evoked in us both within the

therapy room. The awareness and exploration of unconscious processes

My rationale for practice outlines my humanistic philosophy and personal values and

sets the frame of my therapeutic intentions.

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