

Abstract

This dissertation delves into the experience of shame, depicting shame as a gatekeeper to what Winnicott (1971) called the 'true self'. I first outline my rationale for my Humanistic Integrative practice. I then weave my rationale into my exploration of shame, within my literature review and clinical case study. Relevant literature around shame in relation to psychotherapy is reviewed, with consideration given to its potential effects on the co-creation and compassionate co-healing of self (Finlay, 2016; Stern, 1985). I use a case study methodology of my client work.

As a Humanistic Integrative psychotherapist, in my case study I explore the compassionate therapeutic, co-created relationship, as the key for relational psychological healing (Kahn, 2001). I focus on the intersubjective dynamics, as affected by both parties' developmental, relational histories and unconscious processes. Consideration is also given to parallel processes, perhaps inevitable in relational and developmental work. I conclude with a reflection of my case study and future directions for my psychotherapy journey.