

## **Abstract**

This dissertation explores how shame, is formed and healed in relationship, from a humanistic and integrative perspective. I begin the dissertation by outlining my Humanistic and Integrative philosophy, providing an exploration of my reasons for integrating relational theories, outside of the humanistic approach into my clinical practice. In the middle part of the dissertation, I provide a Literature Review, offering several theorists views on the formation of shame, how shame may present as a defence, and finish with how shame is healed in relationship and the therapeutic relationship. Throughout, I critique the literature I have used in my review. In the final part of the dissertation, I display a case study which demonstrates how I work as a trainee counsellor. Reflections on the therapeutic relationship and themes and processes that have emerged are provided, as well as a key episode. The dissertation encompasses a case study methodology to evidence how I apply my philosophy and rationale into my clinical practice, using my knowledge about shame, to facilitate a reparative relationship