

## **2. Abstract**

Following a case study methodology, this dissertation explores the effect shame processes can have on the therapeutic relationship. I begin, through an outline of my rationale for practice; exploring my personal and therapeutic beliefs and values as well as the humanistic theories I integrate and why. I then present my shame literature review, assessing and critiquing historical to present day literature as well as the effects shame has on the therapeutic relationship through modifications to contact. The dissertation concludes with my case study, which offers an overview of my work as a trainee therapist, demonstrable through key episodes and themes that have emerged.