

## **Abstract**

I have known shame for as long as I can remember and during my training as a humanistic & integrative therapist, I came to understand how it impacted me within relationships. In the second year of my degree, I became curious about how my felt sense of shame in my body impacted me in my clinical work. This has influenced my personal and professional motivation for my research focus.

In this dissertation I will explore a humanistic and integrative approach to working with the impact of shame on the body. Drawing on relevant literature I will research shame, neuroscience, and how the felt sense of shame mobilises the fight, flight, freeze response. Using a case study methodology, I will demonstrate the co-created connectedness between my client and myself, as well as how my knowledge of shame develops and is integrated into our work. This dissertation concludes that the integration of neuroception into my therapeutic framework, informs me of my survival response to shame so that I can work safely with shame in the therapeutic relationship.