

Abstract

This dissertation is a study of the formation and healing of shame in relationship. The study consists of my rationale for practice, a literature review and case study focusing on the theme of shame.

The case study employs a methodology centred on the influence of shame within the therapeutic relationship and its potential for healing. As a trainee humanistic integrative psychotherapist, I integrate theoretical concepts, supervision, and personal therapy to enhance my practice.

The study follows my client Janine's progress through four stages, highlighting her personal history and challenges. As a student of humanistic integrative psychotherapy, I provide a rationale for the integration of different therapeutic approaches in addressing Janine's needs and promoting her healing process. Additionally, the dissertation includes a literature review on the history, formation, and healing of shame.

Therapist-client dynamics, therapeutic goals, and the use of various approaches are emphasised. A key episode delves into the intricacies of shame, revealing a transformative moment where Janine gains a shift in perspective, facilitated by mirroring and validation. This case study contributes to understanding therapeutic practices, emphasising the significance of the therapeutic relationship as the vehicle to change and personal growth.