

Abstract

This dissertation is an exploration on shame and shame in men through the lens of humanistic and integrative approach in psychotherapy. I present this dissertation in three sections, a rationale for practice, a literature review and finally a case study. This literature review will consider a definition of shame, early development of shame and how men experience shame. My decision to embark upon this training course was through my own unbearable shame states of not wanting anyone to see me. Through experience the immense support from my therapist and clinical supervisors