

Abstract

Using a case study methodology, my dissertation includes three parts: my rationale for practice, a literature review on healing shame in the therapeutic relationship and a case study.

The theories and concepts I use, included in my rationale, are from a humanistic and integrative approach to psychotherapy. In part, these are reflected on within my literature review where my emphasis is on healing shame in the therapeutic relationship. This was driven by my exploration and reflection in personal therapy on my own shame and by my case study client, who has a shame-based process. My case study demonstrates my work in relation to my approach and reflects on healing shame in the therapeutic relationship.