

Abstract

My whole life shame has followed me around. Lurking in the background, laughing. It was not until I started this course, and even then, not until the final stages of year 2 that I began to comprehend that many of my actions were from a place of deep shame. I had to be perfect. Then my client and my dissertation found me.

This dissertation is made up of three parts. Firstly, my rationale for practice. This displays my philosophy, details of methods I integrate into my practice and how change takes place.

The second part is a literature review on shame, the origin and what shame is, going on to focus on writing around HIV and shame.

Finally, the case study displays the integration of my rationale for practice into a working relationship with a client, focusing on HIV and shame and how change may take place within this.

150 Words