

**Abstract:**

During my training as a humanistic and integrative therapist I have been impacted by many topics, shame in particular peaked my interest due to its indiscriminate nature. This developed further into a curiosity about shames potential impact on the physiological aspects of a person .

In this dissertation, I explore shame, my own shame, how shame is formed, how it can impact the therapeutic relationship and how it can be healed in relationship.

In the literature review I will explore the relationship between shame and chronic pain, analysing and critiquing relevant literature and identifying any areas for future research.

Throughout the case study, I will demonstrate how I use my knowledge of shame theory within the therapeutic relationship, how I recognise shame in the therapeutic relationship, and how I can use myself and my understanding of theory to facilitate healing of shame.