

Abstract

This dissertation, "Rise from the Shadows: Unmasking Shame in a Relational and Developmental Approach," examines shame and its defences in humanistic and integrative psychotherapy. Motivated by my personal experiences, the study is divided into three sections: rationale for practice, literature review, and a case study. It explores shame's origins in early relational trauma and its impact on psychological well-being. Through a detailed case study, I demonstrate how a reparative therapeutic relationship can facilitate healing from shame. The findings highlight the importance of addressing shame to foster self-acceptance and emotional well-being in clients.