

## **Abstract**

Shame is an area I believe I wanted to unpack and integrative into my life. It became uncovered during my training at the Sherwood Psychotherapy Training Institute.

This dissertation is divided into three sections and explores shame from a humanistic and integrative approach.

My philosophy is guided by a description of my rationale for practice, integration of theories and ethical framework.

The literature review includes definition, history, development, effect and healing of shame in relationships.

It concludes a case study and its impact of shame on the therapeutic relationship.