

Abstract

This dissertation specifically considers the relationship between shame and the process of withdrawal in a humanistic integrative psychotherapy, with particular emphasis on the Polyvagal Theory as well as the defence of withdrawal and how to work with it in clinical practice. My dissertation includes my rationale for practice, which presents my philosophical and theoretical approaches to integration. This is followed by a literature review, which explores shame defences with a focus on withdrawal and its link to the Polyvagal Theory. Furthermore, there will be an exploration of the processes of shame, Polyvagal Theory, and withdrawal in my case study,