

Abstract

This report was created out of an interest in the theory of shame and how someone becomes shame-based. The author is one who can relate to this way of being. After conducting an initial literature review, it had become apparent that there was little research undertaken on the Integrative Psychotherapist's experience of shame as a countertransference, therefore demonstrating a gap in the information available. This formed the background of this study. The aim of the study was to conduct a research project into this phenomenon using a qualitative phenomenological methodology, using semi-structured interviews to enquire into the experience of the Integrative Psychotherapist and capture the quality and essence of the human experience. The method involved recruiting participants for this study and conducting a fifty-minute interview to obtain data that could then be analysed. The findings of the study have strived to get to the core of the human experience and add more depth to the existing literature on the nature of shame, how it manifests in the countertransference and how it is managed in the therapeutic relationship. This subject fits into the developmental and relational framework of working within an ethical integrative psychotherapeutic context.