

Abstract

Throughout my journey to become a humanistic and integrative psychotherapist I have been aware of the impact of shame both personally and professionally.

This dissertation looks to understand the formation of shame and importantly the healing of shame. I provide my humanistic and integrative philosophy illustrating how this informs my rationale for practice, therapeutic intent, and how I believe the therapeutic relationship promotes healing.

The literature review will consider what shame is, its development, affect, and the power of the therapeutic relationship to heal shame. This leads to a case study, demonstrating how my clinical practice is informed by my rationale and the development and maintenance of the therapeutic relationship. I will also look to consider my understanding of shame and the impact this has within my clinical practice; the case study will reflect my therapeutic intent to bring shame into the light so the healing can begin.

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