

Abstract

Using a case study, I present my dissertation a Humanistic and Integrative exploration into shame as a consequence of mis-attunement. It is divided into three sections, a rationale for practice, literature review and a case study.

My rationale for practice highlights my humanistic and integrative philosophy and details the theoretical underpinnings of my clinical practise. My literature review is a presentation of authors that have written about how shame is formed, experienced, manifested and healed within relationship. My case study is a considered evaluation and demonstration of my clinical practise where I apply theories from my rationale and my learnings from my literature review. I illustrate my relationship with my client with an appraisal of my therapeutic interventions. Finally, I offer a conclusion which reflects upon my personal, theoretical, and clinical learnings.