Abstract

This dissertation explores the phenomenon of chronic shame, with particular emphasis on chronic shame developed through childhood relational experiences. Driven by my personal experience, I seek to understand whether chronic shame can be cured and how to treat it. Importantly, as a therapist, my research continues to examine how my chronic shame affects the therapeutic relationship between me and my client. The study consists of three main sections: rationale for practice, literature review, and a case study. Through a detailed case study, I reflect on my clinical work with a client who also struggles with his chronic shame, demonstrating the insights gained from the literature review, along with ongoing evaluation throughout the narrative.