

Outline

The Roots of Shame

Interpersonal origins
Developmental perspective
Trauma perspective
Affective-somatic perspective

The Therapist Shame Experience

How clinical models can shame
Barrier to creativity and relational presence
Releasing the shame response

Shame and the Distortion of Self

Shame-based identity
Adaptive qualities
Defense against connection

When Shame is Activated – Interventions for Working With:

Affective processing
Somatic processing
Observing and entering the shame activation

Therapeutic Strategies

Increasing tolerance of shame states
Holding the emergence of affect
Amplification of positive affects for connection
Compassion modeling
Managing enactment moments
Transparency and self-disclosure

Engaging and Sustaining Self-Compassion

Definitions
Affective states
Somatic states
Narratives of self-compassion
Set-backs and restorations

Additional Clinical Contexts

How to interrupt relational shaming in couples therapy
Increase self-compassion through the process of identification in group therapy
How to work with group process to untangle the layered experience of shame

Target Audience

Psychologists • Counselors • Social Workers • Addiction Counselors
Marriage and Family Therapists • Other Mental Health Providers


Objectives

By the end of the workshop, participants will be able to:

1. Communicate developmental and trauma perspectives of shame.
2. Investigate shame and self-compassion affective and disembodied states.
3. Explore shame activation (self and client's) within the therapeutic relationship and identify alliance ruptures.
4. Adapt strategies to restore the interpersonal connection when shame emerges.
5. Assess the therapeutic relationship for self-compassion expressions.
6. Design strategies for helping couples and groups process and overcome shame.

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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TREATING SHAME
in **CLINICAL PRACTICE**

Somatic Strategies and Self-Compassion

Cleveland, OH
Wednesday
September 13, 2017

Erie, PA
Thursday
September 14, 2017

Pittsburgh, PA
Friday
September 15, 2017

TREATING SHAME

in **CLINICAL PRACTICE**

Somatic Strategies and Self-Compassion

Help clients overcome their shame – a major underlying reason therapeutic gains aren't being made!

Effectively work with strategies for somatic processing of shame

Techniques to disrupt shame identity

Strengthen self-compassion capacity in all clients

Cleveland, OH
Wednesday
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How often do you and your clients come to an impasse in the therapeutic process? Change appears stalled and your clients' progress is limited – and for most of us in clinical practice, navigating this impasse is challenging.

In this workshop you will learn how to identify and work with shame to restore the therapeutic alliance and re-engage the client in their process of change. Shame is not only a highly toxic affective state but also an embodied experience. In a constant state of vigilance against additional exposure to shaming events, the client is unable to access internal healing resources and is often reluctant to engage in therapy.

If you miss the tell-tale signs of shame, you not only rupture the therapeutic alliance – you'll hinder any progress toward healing. Like me at one time in my practice, and like many others in our field, you have difficulty identifying shame, as the experience is often disguised as avoidance, rage, anger or sadness.

Leave the seminar armed with superior skills of seeing when shame is present, how it is adversely impacting the therapeutic alliance, and why progress has stalled – and give the client strategies to replace shame with self-compassion.

TREATING SHAME in CLINICAL PRACTICE

Somatic Strategies and Self-Compassion

Speaker



Patti Ashley Ph.D., L.P.C., owns and operates Breakthrough Psychotherapy and Parent Coaching in Boulder, Colorado, where she helps individuals and families meet the challenges of today's world by breaking down old dysfunctional patterns and belief systems, in order to excavate and integrate the authentic self. Her individual, group, and family process work is highly individualized, combining elements of developmental psychology, inner-child healing, cognitive, strength-based, and positive psychology.

Patti has over 35 years of experience in the fields of education and psychology. These include, but are not limited to--teaching special education for children diagnosed with autism, emotional disorders and learning disabilities; developing parent education and support programs for pediatricians and hospital wellness programs; teaching college classes on child development, infancy and care-giving; counseling individuals and families in mental health agencies, private practice and psychiatric hospitals; and directing mentoring programs for middle and high school-age children.

Dr. Ashley's academic accomplishments include a Doctor of Philosophy degree in psychology from the Union Institute and University. Patti is the author of the book *Living in the Shadow of the Too-Good Mother Archetype*, and is working on two more books to be released in 2017. She also writes articles for numerous publications, and presents workshops and talks for community organizations and conferences.

Speaker Disclosure:
Financial: Patti Ashley maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Patti Ashley has no relevant non-financial relationship to disclose.

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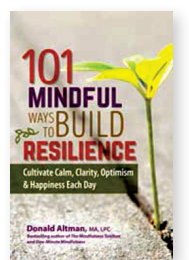
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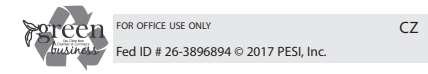
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