
Healing Shame: Helping Therapists Understand, Defuse & Transform Clients' Shame

May 29th & 30th 2017

Calgary, Alberta

More information

<http://www.talk-therapy.ca/healing-shame/>

403-467-7252

\$399.00 (early bird May 5th 2017)

SPONSORED BY:



Bret Lyon, PhD, SEP, BCC has been a consultant/ teacher of Somatic and Emotional Mindfulness for over 25 years and holds doctorates in both Psychology and Drama. He is certified in Focusing and Somatic Experiencing and has trained extensively in Reichian Breath work. Bret is a board certified coach.

Sheila Rubin, MA, LMFT, RDT/BCT is a Marriage and Family Therapist and Registered Drama Therapist who integrates somatic, expressive and attachment modalities to work with couples, adults and children who have shame and trauma. She has trained also in Hakomi. Sheila is an alumui of CIIS Drama Therapy Program.

Bret & Sheila have co-led workshops on Healing Shame in many cities in the US and Canada, including New York, Toronto, Phoenix and Minneapolis. Both have trained in EFT with Sue Johnson and AEDP with Diana Fosha.

www.healingshame.com

Are you a therapist looking to expand your therapeutic techniques?

Shame is perhaps the most painful of all emotions, and when shame becomes intense and is sustained over time it can become unhealthy. It is at the root of both “the inner critic” and perfectionism. It binds with and hides behind other emotions, such as anger and fear, so that it is often hard to detect. Many people go to great lengths to avoid acknowledging or even feeling shame – and this gets in the way of making progress in treatment.

In this workshop, designed for therapists and other helping professionals, we will become aware of shame as both a **primary emotion and a freeze state**, which has a profound effect on personal development and relationship success, and which has been terribly neglected in most psychotherapy. We will learn that shame cannot be worked with in the same way as the other primary emotions and that special care needs to be taken to work with shame in specific ways.

You will learn:

- **What shame is, how it is created and how it works**
- **The physiological and emotional connection between shame and trauma**
- **How to counter shame in the therapy situation**

And how to help clients:

- **Recognize shame when it underlies behavioral patterns**
- **Separate feelings of shame from other emotions**
- **Imagine returning to shaming situations and reversing the outcome**
- **Move their energy powerfully outward rather than turn it against themselves**