

2  
DAY

## CERTIFICATE WORKSHOP

# SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

**Shame... have you noticed how it sticks like super glue** to our clients and acts as a barrier to trauma resolution?

Even after effective trauma treatment, shame and self-loathing can interfere with our clients' full participation in life.

Join world-renowned complex trauma and attachment expert Janina Fisher, PhD, as she reveals **today's most effective modalities** for treating shame and self-loathing in trauma clients.

The body-oriented interventions featured in this 2-day certificate workshop will help clients relate to their symptoms with mindful dual awareness and curiosity so that, when integrated with traditional psychodynamic, cognitive-behavioral, and EMDR techniques, **issues of shame can become an avenue to transformation** rather than a source of stuckness.

If you are frustrated with the lack of treatment success with traumatized clients with chronic shame, this workshop will provide the solutions for long-term healing.

## Key Benefits of Attending:

- Discover how shame complicates trauma treatment and how addressing shame can help you expedite recovery.
- Help clients get unstuck, transform shame, and improve treatment outcomes.
- Teach clients to manage shame without resorting to destructive measures.
- Reduce judgmental thoughts and reactivity with mindfulness.
- Cultivate secure self-attachment and self-acceptance.
- Build resiliency to shame with interventions based on empathy, forgiveness and compassion.

*"Janina Fisher's exceptional ability to synthesize the best of cutting edge trauma psychotherapies has resulted in a brilliant and unique roadmap for resolving chronic traumatization."*

**- Pat Ogden, PhD,**  
founder, Sensorimotor Psychotherapy Institute

## OBJECTIVES

1. Describe the neurobiological effects of traumatic experience.
2. Recognize role of autonomic arousal in exacerbating symptoms.
3. Identify animal defense survival responses in trauma clients.
4. Evaluate the effects of shame and self-loathing symptoms, and identify how these symptoms inform treatment interventions.
5. Determine the impact of the neurobiological effects of shame observed in clinical practice.
6. Evaluate cognitive schemas and its clinical implications.
7. Articulate the principles of Sensorimotor Psychotherapy and how they relate to clinical treatment.
8. Apply simple yet effective clinical interventions drawn from Sensorimotor Psychotherapy to alleviate shame symptoms in clients.
9. Utilize cognitive-behavioral techniques to reframe shame-based cognitive schemas
10. Integrate mindfulness-based techniques to inhibit client's self-judgement.
11. Describe a somatic approach to resolving chronic shame.
12. Implement ego state techniques to challenge and re-contextualize chronic shame.

### Course & Webcast Schedule for Both Days (Times listed in Pacific)

<b>7:30</b>	Registration/Morning Coffee & Tea
<b>8:00</b>	Program begins
<b>11:50-1:00</b>	Lunch (on your own)
<b>4:00</b>	Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

### Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors  
Therapists • Marriage & Family Therapists • Other Mental Health Professionals • Nurses

### Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first.  
If you are interested in becoming a speaker or have a new topic idea, please contact  
Emily Krumenauer at [ekrumenauer@pesi.com](mailto:ekrumenauer@pesi.com) or call 715-855-8167.

## Questions?

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# SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

**Janina Fisher, PhD,**  
Internationally Renowned Trauma Expert & Author

**PORTLAND, OR  
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## CERTIFICATE WORKSHOP

# SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

**Janina Fisher, PhD,**  
Internationally Renowned Trauma Expert & Author

*"Janina Fisher is a true master clinician and teacher — the go-to consultant to deal with complex clinical issues and treatment challenges."*

**- Bessel A. van der Kolk, M.D.,**  
the world's leading expert in the field of traumatic stress and author of *The New York Times* bestseller *The Body Keeps the Score*

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OUTLINE

The Neurobiology of Shame

The role of shame in traumatic experience

Shame as an animal defense survival response

Effects of shame on autonomic arousal

Why shame can be treatment-resistant

Limitations of research & potential risks

Shame and Attachment: Its Evolutionary Purpose

Shame and the attachment system

Rupture and repair of shame states in attachment formation

What happens to shame without interpersonal repair

Shame as a defensive response to traumatic attachment

The Meaning of Shame in the Treatment of Trauma

Trauma and procedural learning

Shame as a survival strategy

Implicit memory of disgust, degradation and humiliation

Shame-based meaning-making

Cognitive schemas that exacerbate shame

Vicious circle of shame

Vicious circle of shame and anger

Internal working models

Treating Shame

Why shame is hard to overcome

Sensorimotor Psychotherapy: physiological state as the entry point for treatment



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

Mindfulness-based techniques to combat trauma responses

Regulate shame states with somatic interventions

Use mindfulness interventions to inhibit self-judgment

Work with shame as implicit memory

Work with shame-based cognitive schemas

Healing Shame: Acceptance and Compassion

Dis-identifying with the shame

Re-contextualize shame as a younger self or part

Shame and the Structural Dissociation model

Getting to know our “selves”

Recognize the role of critical voices and judgmental parts

Dual awareness of who we are now and who we were then bringing our adult compassion to our childhood vulnerability

Healing Shame in the Therapeutic Relationship

How can we use therapy to ‘repair’ shame states?

The role of therapeutic empathy

Therapists as neurobiological regulators

The social engagement system in trauma recovery

Incorporate playfulness, acceptance and curiosity

SPEAKER



Janina Fisher, Ph.D. is a licensed clinical psychologist and former instructor at The Trauma Center, a research and treatment center founded by Bessel van der Kolk. Known as an expert on the treatment of trauma, Dr. Fisher has also been treating individuals, couples and families for over 35 years.

She is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, assistant educational director of the Sensorimotor Psychotherapy Institute, and a former instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

She is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017) and the forthcoming book, *Working with the Neurobiological Legacy of Trauma* (in press).

Speaker Disclosure:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.

BECOME CERTIFIED!

This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I).



Visit traumapro.net for the full certification requirements.

Live Webcast Details and Live Webcast Continuing Education Credit Information

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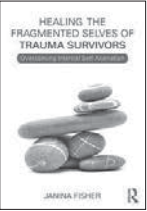
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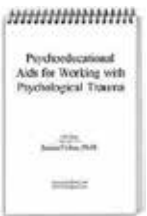
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Healing the Fragmented Selves of Trauma Survivors Overcoming Internal Self-Alienation

By Janina Fisher, PH.D. - your presenter!

Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes “resolution”-a transformation in the relationship to one’s self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance.



Psychoeducational Aids for Treating Psychological Trauma Flip Chart

By Janina Fisher, PH.D. - your presenter!

This psychoeducational flip chart consists of 22 diagrams with text summarizing the most current research and theoretical concepts in trauma treatment in a simple graphic format understandable for most clients. The use of these simple diagrams increases the ability of the client to understand the nature of the symptoms and engage more easily in the treatment. Clients feel a sense of relief as their puzzling and disturbing reactions begin to make sense, and therapists find the flip chart a support for not only the treatment but also the relationship.



Sensorimotor Psychotherapy Interventions for Trauma and Attachment

By Pat Ogden, Ph.D. & Janina Fisher, Ph.D. - your presenter!

Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organized according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilizing a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter’s teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.

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Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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**WASHINGTON PSYCHOLOGISTS:** Please contact our customer service department for the most current information.

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**OTHER PROFESSIONS:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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