

OUTLINE

Recognize Shame: Assessment Tools

- Shame vs. guilt
- Multicultural perspectives
- How addressing shame expedites treatment
- Reading the body - non-verbal signs of shame
- Interview questions for assessing shame in:
  - Key relationships and current patterns
  - Sexual, physical or verbal abuse, trauma, and neglect

Shame and Attachment Styles:

Clinical Strategies to Cultivate Secure Attachment and Self-Compassion

- Characteristics of shaming environments
- Concerns of adults shamed in childhood
- Strategies to replicate conditions for healthy attachment
  - How to enhance presence, attunement, resonance and trust
  - Dignity in the telling - titrating shame exposure
- Somatic approaches to cultivate secure attachment
  - Developmental movements
  - Horizontal processing
- Self-compassion exercises
  - Interventions to address interpersonal difficulties
  - Befriend bodily sensations
  - Common humanity visualizations

Address Shame in Your

Trauma Treatment Plans:

Reclaim the Body from Shame with Breath and Movement

- How shame complicates trauma recovery
- Polyvagal theory – shame and the shutdown response
- Shame and victims of sexual assault – from victim to survivor
- Exercises to strengthen connections
  - Belongingness treasures
  - Divine child mandala
  - I am meditation – choosing visibility
- Interventions based in breath and movement
  - Heart mudra and breath – embracing resistance
  - The peaceful warrior

OBJECTIVES

- Enhance client attunement with clinical strategies that replicate conditions for healthy attachment.
- Characterize how shame complicates the treatment of trauma and specify how shame can be worked with in traumatized clients.
- Evaluate how shame can be addressed in your treatment plans with self-forgiveness interventions that can help facilitate recovery.
- Communicate how anxiety generated by feelings of shame can be managed with breathing techniques that can be taught in-session.
- Establish how depressed clients can manage shame generated negative emotions with imagery-based compassion exercises.
- Analyze how mindfulness can be incorporated into therapy with shame-prone clients to reduce judgmental thoughts and reactivity.

Effectively Intervene in the Downward Spiral of Shame, Anxiety and Depression

- Cognitive approaches that lean into ruminatory shame
  - Put shame into perspective
  - Dispute shame messages
- Anxiety interventions for the shame-prone client
  - Breath and movement strategies to stem panic
  - How yoga addresses anxiety symptoms
- Break through shame fueled depression with:
  - Techniques to bring shame to light
  - Prosocial behavior
  - Imagery-based compassion exercises

The Devastating Impact of Shame in Relationships:

Build, Maintain and Repair Couple and Family Relationships

- Unmask shame - anger and other disguises
- Engage partners in shame reparation
- How intergenerational shame impacts intimacy
- Shame resiliency strategies - empathy, forgiveness and compassion
  - Forgiveness practice - Releasing breath with mantra
  - Identify shame wounds and antidotes
  - Mindful RAIN for shame - regulate emotions and reduce judgmental thoughts

Shame Research, Limitations and Treatment Risks

Live Seminar Schedule

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

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Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP

FREE Worksheets

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THE SHAME SPIRAL

Release Shame and Cultivate Healthy Attachment in Clients with Anxiety, Trauma, Depression and Relational Difficulties



Stop letting shame derail the therapeutic process and transform how you work with shame-driven clients!

WOBURN, MA  
Wednesday, May 15, 2019

WALTHAM, MA  
Thursday, May 16, 2019


DEDHAM, MA  
Friday, May 17, 2019



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THE SHAME SPIRAL

Release Shame and Cultivate Healthy Attachment in Clients with Anxiety, Trauma, Depression and Relational Difficulties



Stop letting shame derail the therapeutic process and transform how you work with shame-driven clients!

- Show shame-prone clients that they are worthy of healing
- Help clients overcome the anxiety associated with feeling shame
- Trauma - reclaim the body from shame with breath and movement
- Unmask shame to address anger and defensiveness
- Shame resiliency strategies to build, maintain and repair relationships

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# THE SHAME SPIRAL

Release Shame and Cultivate Healthy Attachment in Clients with  
**Anxiety, Trauma, Depression and Relational Difficulties**

**"Who could ever love you?"  
"I knew you'd fail."**

**Debilitating and complex, shame is among the most destructive of human emotions.** Depression, violence, anxiety -- it emerges in a variety of ways that are profoundly damaging to your clients' lives and the lives of those around them.

**Working with clients experiencing unhealthy shame presents you with a formidable therapeutic challenge.** How do you effectively manage something that hides in the shadows...that by its very nature is so excruciating that it pushes people toward avoidance? How do you heal something that lurks behind masks of anger and defensiveness? How do you break through to suffering individuals who've spent a lifetime viewing themselves as wrong, unlovable, and unworthy of getting better?

**Stop letting shame derail the therapeutic process and transform how you work with shame-driven clients!**

**Attend this seminar and help your clients end avoidance, face their shame, and rewrite their story of dysfunctional self-worth and condemnation into one of compassionate acceptance.**

Key Benefits of Attending:

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

## SPEAKER

**Debra Premashakti Alvis, Ph.D.,** is a licensed psychologist and private practitioner with over 25 years of clinical experience in supporting clients' recovery from shame, trauma, anxiety, depression and relational concerns. A seasoned international presenter and consultant, Dr. Alvis is also a therapeutic yoga educator and a lecturer at the University of Georgia where she developed and led the Mind/Body Program. The program included a clinician training program integrating contemplative approaches in psychotherapy. A 30-year personal contemplative practice, research experience, and a deep understanding of mindfulness and yoga further enrich her presentations. She draws upon this unique background to provide effective and easily applicable skills designed for immediate integration into clinicians' practices.

Speaker Disclosures:

Financial: Debra Premashakti Alvis is in private practice. She receives compensation as a Professor for the University of Georgia. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Premashakti Alvis has no relevant non-financial relationship to disclose.



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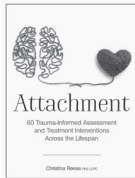
## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

### Attachment

*60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*

By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions.** Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

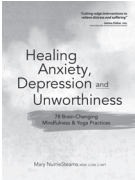


### Healing Anxiety, Depression and Unworthiness

*78 Brain-Changing Mindfulness & Yoga Practices*

By Mary Nurriestearns, MSW, LCSW, RYT

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance. Mindfulness and yoga authority Mary Nurriestearns has created a compassionate and practical workbook that provides a caring healing journey. 78 brain-changing practices help you focus on life-enhancing thoughts and actions, which leads to self-understanding, and living with meaning and peace.



### The Self-Compassion Deck

*50 Mindfulness-Based Practices*

By Tim Desmond, LMFT, Mitch R. Abblett, Ph.D., & Christopher Willard, Psy.D.

Cultivate kindness & compassion for yourself and others! *The Self-Compassion Deck* offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindness and gain a deeper appreciation for yourself and your life.



### Target Audience

Counselors • Social Workers • Psychologists • Case Managers • Marriage & Family Therapists  
Other Mental Health Professionals • Chaplains/Clergy

## Live Seminar Continuing Education Credit Information

**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](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

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THE SHAME SPIRAL: RELEASE SHAME AND CULTIVATE HEALTHY ATTACHMENT IN CLIENTS WITH ANXIETY, TRAUMA, DEPRESSION AND RELATIONAL DIFFICULTIES

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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- ☐ per person for 2 or more preregistering together —OR—
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- ☐ **\$24.99\*** *Attachment* book
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- ☐ **\$16.99\*** *The Self-Compassion Deck*

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