

2-Day Intensive Training

SHAME GUILT AND SELF-CRITICISM Certificate Course

There's no better feeling than providing relief from suffering. From the chronically stressed, to those grappling with trauma, dysfunctional relationships with food, substance use issues or anger -- you love the fulfillment of making a difference.

But shame, guilt, and self-criticism play a critical role in these problems and can dramatically disrupt therapy. You worry that you'll fail to convince clients who feel unworthy that they deserve a better life. And you're left frustrated, drained and unsure what will move therapy forward when fears about failure and inadequacy create a state of paralysis in shame-driven and self-critical clients.

This 2-day training will give you the skills and tools you need to end the tyrannical hold of shame, guilt and self-criticism and empower your clients to develop the acceptance of themselves, others and reality necessary for the effective treatment of trauma, stress, anxiety, depression, binge eating, substance use, and anger issues.

Sign up today and experience the satisfaction of greater therapeutic success when you can help clients release unhealthy shame and cultivate the self-acceptance they need to move toward a brighter future!

Course Schedule for both days

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.



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. **Limited seats available; advance online registration required.**

Objectives

1. Characterize how shame, guilt, and apathy can function as impediments to clinical progress.
2. Establish how clinicians can teach clients techniques to negate the sweeping generalizations that can lie behind shame.
3. Discriminate guilt from regret and communicate how this informs therapeutic approach.
4. Communicate how normalizing strategies can be used with clients to dissipate self-doubt.
5. Articulate how Choice Awareness Training can be used in therapy to combat motivational apathy.
6. Specify how techniques that reframe symptoms as strengths can be used to increase therapeutic effectiveness with self-critical clients.
7. Assess the impact of exposure and mindfulness interventions on affect avoidance.
8. Establish how exercises that help clients rediscover their self-worth can be used in trauma treatment.
9. Communicate how shame pushes clients into binge eating and clarify how self-acceptance interventions can be used to reduce emotional eating.
10. Determine how shame acts as a cover for anger and explain how compassion exercises can be employed to help clients let go of anger.
11. Analyze research that establishes shame as a risk factor for suicide in depressed individuals.
12. Address the importance of managing shame in clients with substance use issues in efforts to prevent relapse.

Speaker

Pavel Somov, Ph.D., is a licensed psychologist with over 20 years of clinical experience and who worked and trained in a variety of clinical settings (community mental health centers, psychiatric hospitals, college counseling centers, correctional setting, behavioral medicine/pain clinic settings, VAs).

Dr. Somov has lectured domestically and internationally on the topics of mindful eating, perfectionism, anger management, and mindfulness applications for addressing worry, dysthymia, insomnia and substance use. His work been discussed in a variety of interviews and print publications including Martha Stewart's *Body + Soul Magazine* and Oprah Winfrey's *O Magazine*.

A member of the Advisory Board of the London Mindfulness Center (UK), he is the author of *Anger Management Jumpstart: A 4-Session Mindfulness Path to Compassion and Change*, *Reinventing the Meal* (2013), *Present Perfect: a Mindfulness Approach to Letting Go of Perfectionism and the Need to Control* (2010), *The Lotus Effect* (2010). His essays and blogs have appeared on *Huffington Post*, *PsychCentral.com*, *Intent.com*, *Psychology Today* online, and he has appeared on Sirius Radio's "Fully Alive."

Speaker Disclosures:

Financial: Pavel Somov maintains a private practice. He receives royalties as an author for New Harbinger Publishing and PESI Publishing & Media. Dr. Somov receives a speaking honorarium from PESI, Inc.

Non-financial: Pavel Somov is a member of the American Psychological Association and the Greater Pittsburgh Psychological Association.

FREE Worksheets



Free Gratitude, Mindfulness
& Optimism Worksheets

pesi.com/worksheetshappiness

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

www.pesi.com/inhouse

CE
credits
included!

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

2-Day Intensive Training

SHAME, GUILT AND SELF-CRITICISM Certificate Course

 PESI®
www.pesi.com

PITTSBURGH, PA
Wednesday & Thursday
November 20 & 21, 2019

Register now! pesi.com/express/74747

2-Day Intensive Training

SHAME, GUILT AND SELF-CRITICISM Certificate Course

*Over 50 clinical strategies for treating Trauma,
Anxiety, Stress, Depression, Binge Eating,
Substance Use, and Anger issues*

- Release shame and end the avoidance that stalls therapy
- Successfully rewrite your client's story of dysfunctional self-worth
- Tools to overcome feelings of inadequacy and rejection that get clients stuck

PITTSBURGH, PA
Wednesday & Thursday
November 20 & 21, 2019

 PESI®
www.pesi.com

A Non-Profit Organization
CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Register now! pesi.com/express/74747

Outline

Shame, Guilt and Motivational Apathy as Impediments to Clinical Progress

Therapy as a trigger and affect avoidance
Clinical impasses (underutilization, stagnation, premature termination)

Shame, guilt and a sense of not-deserving
Secrets from self and from therapist

Tools for Catalyzing Progress in Therapy

Normalizing, de-pathologizing, un-diagnosing
Dialectic reframing & evolutionary psychology
Mindfulness & metacognition
Self-acceptance & self-compassion
Neuroplasticity of internalization

Shame: Clinical Techniques to Move Therapy Forward

Debunking the myth of self-sabotage
Manage outside judgement with a self-referenced identity
Techniques to negate sweeping generalizations
Foster self-forgiveness with motivational innocence

Guilt: Help Clients Overcome the Debts of Guilt

Differentiate guilt from regret
Ordinary perfection & self-acceptance
Master the fear of making mistakes

Self-Doubt, Dilemmas & Indecision:

Interventions for Clients Paralyzed by Uncertainty

Normalizing strategies to dissipate self-doubt
Manage the anxiety of unpredictability with uncertainty training
Make decisions easier with the art of arbitrary choice
Reframe a dilemma as a choice between two rights

Motivational Apathy & Self-Inefficacy:

Strategies to Improve Motivation and Autonomy

Find a reason-to-change with the change equation
Techniques that leverage intrinsic motivation
Find freedom-to-change with Choice Awareness Training (CAT)
Pattern interruption for habit change – get clients off autopilot

Self-Criticism and Self-Stigmatization:

Quiet Your Client's Inner Critic

Varieties of self-deprecation (self-criticism, self-loathing, etc.)
Techniques to reframe symptoms as strengths
Compassion exercises for problematic habits of self-care
Recover from the disease model

Research, Limitations and Potential Risks

Working through Affect Avoidance

Exposure, mindfulness & metacognition
Top-dDown & bottom-up emotional self-regulation
Cue-conditioning of self-Regulation

Connect Specific Strategies to the Treatment of:

Trauma

Damaged goods, survivor's guilt & avoidance of conflict

Somatic interventions to restore the original goodness

Strategies to survive without guilt

Conflict avoidance: Paper tigers v. real tigers

Exercises to rediscover self-worth

Stress and Anxiety

Mediate the paralysis of perfection with self-acceptance
Non-neurotic, stress-free perfectionism
Social anxiety as shame & self-doubt: disapproval inoculation & self-referencing
Mindfulness-based, non-anxious self-consciousness

Emotional Eating & Binge Eating

How shame pushes clients into binge eating
Choice Awareness Training for moderation & presence
Self-acceptance strategies for emotional eating
Transcend body shame by dis-identifying from the physical

Anger

Shame of fear: Shame as a cover for anger
The vicious guilt-anger loop
Self-acceptance techniques for internal damage control
Compassion exercises to let go of anger

Depression

Depression as self-exile
Shame as a risk factor for suicide
Mindfulness for managing rumination
Metacognitive silence: From negative self-talk to self-accepting non-talk

Substance Abuse

Addressing the shame of relapse
Self-assertive trigger avoidance
Choice awareness techniques for habit modification
Build craving/impulse control skill power

Betrayal, Secrecy & Deception

Separation & divorce as self-care & progress
Secrets from therapist without rupture of rapport
De-pathologizing the motives behind lying & deception

*SAVE by Including These Products with Course Registration!

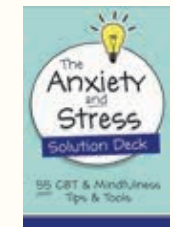
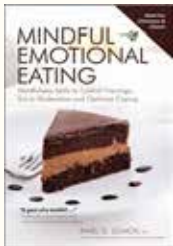
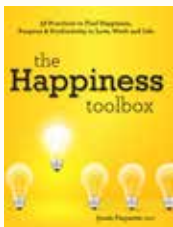
The Happiness Toolbox

56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life

By Jonah Paquette, Psy.D.

So many books, websites, apps, and podcasts claim they contain the secrets to finding happiness. But rarely are they backed by research or real tools - instead just anecdotal fairy tales that work for a select few.

The Happiness Toolbox is here to help, by providing you with science-backed exercises to change your life. An interactive journaling format helps you learn how to choose happiness by adding simple habits into your daily life - putting you in a long-lasting and fulfilling state of mind.



Mindful Emotional Eating:

Mindfulness Skills to Control Cravings, Eat in Moderation and Optimize Coping

By Pavel Somov, Ph.D. - Seminar Speaker!

Somov proposes that emotional eating is a legitimate form of self-care and teaches clients and clinicians how to "leverage more coping per calorie." Numerous original exercises and meditative techniques will guide a more conscious alliance with food during moments of emotional distress.

Anger Management Jumpstart:

A 4-Session Mindfulness Path to Compassion and Change

By Pavel Somov, Ph.D. - Seminar Speaker!

Anger Management Jumpstart is a brief, field-tested clinical curriculum for breaking the impasse of chronic anger. This original, humanistic, solution-focused approach introduces 4 core mindfulness-powered change modalities: Impulse Control training, Choice Awareness training, Symbolic Threat Inoculation, and Somatic Emotional Self-Regulation training.

The Anxiety and Stress Solution Deck

55 CBT & Mindfulness Tips & Tools

By Judith A. Belmont, MS, NCC, LPC

Relieve stress and calm anxiety with 55 quick and effective tips & tools. Each card features a short Tip, followed by a Tool, or short activity to put that Tip into practice. Clarify Your Feelings • Challenge Your Thoughts • Change Your Behaviors Calming Strategies

Live Course 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 or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Pennsylvania Addiction Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74747. **No PA ADD available for programs held outside of PA**

Chaplains/Clergy: This activity is designed to qualify for 12.5 continuing education hours.

Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Pennsylvania Counselors: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 12.5 clock hours of continuing education instruction.

Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Pennsylvania Marriage & Family Therapists: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 12.5 clock hours of continuing education instruction.

Psychologists: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pennsylvania Psychologists: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 12.5 continuing education hours.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 12.5 clock hours of continuing education instruction.

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.



Questions? Call customer service at 800-844-8260



Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less \$60. Substitutions are permitted at any time.

ADA Needs:

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

Walk-Ins:

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

• **FREE Military Tuition:** 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. *Limited seats available; advance online registration required.*

• \$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• Groups of 5 or more: Call 800-844-8260 for discounts.

• Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

2-Day Intensive Training: Shame, Guilt and Self-Criticism Certificate Course

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code _____

See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check seminar(s): (make copy for your records)

☐ **PITTSBURGH, PA**
November 20 & 21, 2019
Crowne Plaza Pittsburgh South
164 Fort Couch Road • 15241
(412) 833-5300

REGISTER NOW! pesi.com/express/74747

3 Check tuition:

TUITION WITH SEMINAR MANUAL

- ☐ **\$439.99** per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together
- ☐ **\$499.99** standard tuition per person

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- ☐ **\$24.99*** *The Happiness Toolbox* book
- ☐ **\$16.99*** *Mindful Emotional Eating* book
- ☐ **\$19.99*** *Anger Management Jumpstart* book
- ☐ **\$16.99*** *The Anxiety and Stress Solution Deck*

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

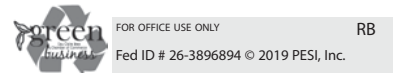
Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)



CAN'T ATTEND THE SEMINAR? See below for individual product orders

___ **2-Day Intensive Training: Shame, Guilt and Self-Criticism Certificate Course DVD*** (video) \$439.99 (RNV054565)

___ **2-Day Intensive Training: Shame, Guilt and Self-Criticism Certificate Course CD*** (audio) \$439.99 (RNA054565)

___ **The Happiness Toolbox** book* \$24.99 (PUB085440)

___ **Mindful Emotional Eating*** book \$16.99 (PUB083510)

___ **Anger Management Jumpstart** book* \$19.99 (PUB046315)

___ **The Anxiety and Stress Solution Deck*** \$16.99 (PUB085925)

Product total \$ _____

*Shipping \$ _____

Subtotal \$ _____

**Tax \$ _____

TOTAL \$ _____

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Course Designed Especially for:

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