

## 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

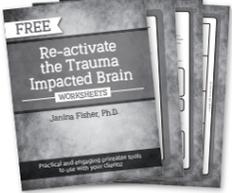
### Shame Research, Limitations and Treatment Risks

#### 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.

**FREE**  
**Worksheets & Video**  
To Help The Traumatized Brain



[www.pesi.com/traumabrainws](http://www.pesi.com/traumabrainws)

**Bring any Training On-Site!**

- Cost Effective for Groups
- Customizable
- Flexible

**CE credits included!**

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

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.

# 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!**

**ASHEVILLE, NC**  
Tuesday, December 17, 2019

**CHARLOTTE, NC**  
Wednesday, December 18, 2019

**RALEIGH, NC**  
Thursday, December 19, 2019



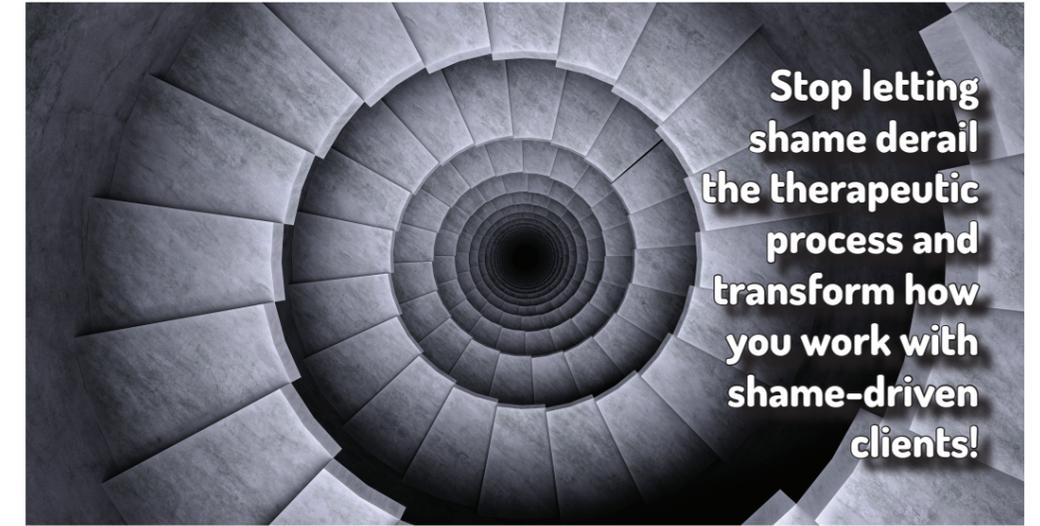
**REGISTER NOW!** [pesi.com/express/75429](http://pesi.com/express/75429)



**REGISTER NOW!** [pesi.com/express/75429](http://pesi.com/express/75429)

# 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

**ASHEVILLE, NC**  
Tuesday, December 17, 2019

**CHARLOTTE, NC**  
Wednesday, December 18, 2019

**RALEIGH, NC**  
Thursday, December 19, 2019

A NON-PROFIT ORGANIZATION CONNECTING  
KNOWLEDGE WITH NEED SINCE 1979

# 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.



**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 a \$30 cancel fee. Substitutions are permitted at any time.

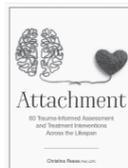
**Seminar on DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://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.

**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 Ryan Bartholomew at [rbartholomew@pesi.com](mailto:rbartholomew@pesi.com) or call 715-855-8225.



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.*

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

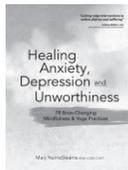


### Attachment

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 Nuriestearns, MSW, LCSW, RYT

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance. Mindfulness and yoga authority Mary Nuriestearns 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.

**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.*

*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.*

**Chaplains/Clergy:** This activity is designed to qualify for 6.25 continuing education hours.

**Counselors:** This intermediate activity consists of 6.25 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.

**North Carolina Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**South Carolina Counselors:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**Marriage & Family Therapists:** This activity consists of 380 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.

**South Carolina Marriage & Family Therapists:** This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

**Psychologists:** This activity consists of 6.0 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 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**North Carolina Psychologists:** This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 380 minutes of continuing education instruction.

**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 6.25 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.

**Other Professions:** This activity qualifies for 380 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.



**SCAN HERE**  
FOR A SPECIAL OFFER ON  
**BOOKS & CARD DECKS**

## How to Register

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

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### ONLINE

[pesi.com/express/75429](http://pesi.com/express/75429)

### PHONE

800-844-8260

Please have credit card available

### FAX

800-554-9775

### MAIL

PESI, Inc.  
PO Box 1000  
Eau Claire, WI  
54702-1000

PLEASE RETURN ENTIRE REGISTRATION FORM

### 2 Check location: (make copy of locations)

**ASHEVILLE, NC**  
**December 17, 2019** [75429ASH]

Crowne Plaza Resort Asheville  
1 Resort Drive • 28806  
(828) 254-3211

**CHARLOTTE, NC**  
**December 18, 2019** [75429CHA]

Embassy Suites Charlotte Ayrley  
1917 Ayrley Town Blvd • 28273  
(704) 970-5400

**RALEIGH, NC**  
**December 19, 2019** [75429RAL]

DoubleTree Raleigh-Brownstone-University  
1707 Hillsborough St • 27605  
(919) 828-0811

**REGISTER NOW!**  
[pesi.com/express/75429](http://pesi.com/express/75429)

### 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.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://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](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*



FOR OFFICE USE ONLY RB  
Fed ID # 26-3896894  
© 2019 PESI, Inc.

**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.**

### 3 Check tuition:

**TUITION with seminar manual**

**\$219.99** – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

**\$249.99** standard

**ADD-ON PRODUCTS**

Distributed at seminar—FREE SHIPPING!

**\$24.99\*** Attachment book

**\$24.99\*** Healing Anxiety, Depression and Unworthiness book

\*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

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

\_\_\_ Seminar on DVD\* (video) \$219.99 (RNV054020)

\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA054020)

\_\_\_ Attachment book\* \$24.99 (PUB085705)

\_\_\_ Healing Anxiety, Depression and Unworthiness book\* \$24.99 (PUB085500)

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

Product total \$ \_\_\_\_\_  
\*Shipping \_\_\_\_\_  
Subtotal \_\_\_\_\_  
\*\*Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_