

Outline

Guilt, Shame and Common Client Misconceptions

The nature of abuse specific to your client
Common misconceptions of guilt
Life experiences that manifest as guilt
The caretaker as perpetrator
Attachment and abuse
"Participation" guilt in sexual trauma
Case study: when Susan believed the abuse was her fault

Psychoeducation: Navigating Guilt

Assess and identify the presence of guilt and shame
The meaning and function of both guilt and shame as adaptive for survival
Finding ways to make guilt productive and reparative
Self-destructive coping behaviors
From paralyzed to taking extraordinary action
Reframe symptoms
Cognitive reframing & behavioral strategies
Case study: Janet and survivor guilt

Shame: The Root of Who I Am

The mistake of using guilt and shame interchangeably: for clinician and client
Pervasive and debilitating: intractability of shame emotions
When your client presents as "hopeless"
The trauma survivors' DSM: dirty, crazy weird, abnormal
Case study: Alex's inner critic and its impact on self-worth

Treatment Planning: Techniques from Internal Family Systems (Schwartz)

Working with parts, the language and clinical benefit
The Inner Critic: the protector part for future survival
Exploring the secondary gain of shame and why letting go is complicated

Cognitive and Emotional Antidotes to Shame in the Clinical Setting

Leading the client to curiosity
Working with attachment and familial loyalty
Self-compassion: transformational skills that evoke empathy
The impact of self-talk
Writing experiential: the crossroad of a thought

Integrating Creative Modalities to Process Guilt & Shame

Using art therapeutically – processing clients' artwork
Experiential: Body Mapping
Accessing somatic resources that help reduce guilt and shame
Experiential: Two-handed writing to increase compassion between parts
Exploring spirituality and religious observance

Live Seminar & Webcast Schedule

(Times listed in Eastern)
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.

Objectives

1. Describe the differences between guilt and shame and why shame impedes healing in trauma therapy work.
2. Identify at least three specific dynamics of trauma and early childhood coping strategies that promote and sustain shame.
3. Identify four indirect benefits that clients receive from retaining their guilt and shame emotions.
4. Explain the role of the Inner Critic and Internal Family Systems as a therapy model that promotes shame reduction.
5. Describe the role that attunement and the therapeutic relationship play in helping clients process shame.
6. Implement at least two creative strategies to enhance client curiosity and self-compassion in therapy.
7. Design a treatment plan that incorporates three creative strategies that promote shame healing that helps to move trauma therapy forward.

"I know Lisa Ferentz to be a very wise and talented therapist."
– Richard Schwartz, PhD, Developer of Internal Family Systems Therapy (IFS)

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Guilt, Shame
& the Trauma
Survivor

Integrated Treatment Modalities
to Move Therapy Forward

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Monday, March 2, 2020

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Guilt, Shame
& the Trauma
Survivor

Integrated Treatment Modalities
to Move Therapy Forward

- Processing guilt that comes from witnessing trauma
- Moving the client beyond a sense of "participation" guilt
- The shame paradox and the biological need for attachment - despite abuse
- Working with the "Inner Critic" to find reparative aspects of guilt & shame
- Interweave shame processing within your modality of trauma treatment



Featuring:
Lisa Ferentz, LCSW-C, DAPA

DECATUR, GA & LIVE VIDEO WEBCAST
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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Guilt is about what somebody has done. Shame is about who somebody is. Clients with sexual and physical abuse have two problems: who they are, and what they have done. Wouldn't most of people feel hopeless at that point? Wouldn't most clinicians feel overwhelmed?

Resolving these two pervasive, paralyzing issues absolutely move therapy forward but require a host of psychotherapeutic interventions.

Join Lisa Ferentz to learn cognitive, emotional, somatic, expressive, and psychoeducational techniques all used at key moments in therapy to have the fullest impact on resolving these pivotal issues. As a trauma therapist, author and international presenter, Lisa Ferentz has spent 35 years working with the deepest levels of shame and guilt, honing integrated practices specific to the client's readiness to address these intense emotions.

Case examples are weaved throughout the day to help you learn how guilt and shame surround unmetabolized traumatic experiences including sexual abuse and the profound and confusing dynamic of pleasure that occurs in many instances for male and female victims. The training day will include crafting psychoeducation with practical cognitive techniques, self-compassion, and even expressive modalities – in addition to experiential activities to help you create a treatment plan adapted to your specific clients and trauma treatment modality.

“Any clinician would benefit immensely from spending a day with Lisa...and her extraordinary clinical skills.”
– Linda Curran, LPC, author of best-selling workbook *100 Trauma-Informed Interventions* (2013)

Speaker



Lisa Ferentz, LCSW-C, DAPA, is a recognized expert in the strengths-based, de-pathologized treatment of trauma and has been in private practice for over 35 years. She presents workshops and keynote addresses nationally and internationally, and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, the UK and Ireland.

She has been an adjunct faculty member at several universities, and is the founder of “The Ferentz Institute,” now in its 12th year of providing continuing education to mental health professionals and graduating over 1,600 clinicians from her two certificate programs in Advanced Trauma Treatment.

In 2009 she was voted the “Social Worker of Year” by the Maryland Society for Clinical Social Work. Lisa is the author of *Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician’s Guide, 2nd Edition* (Routledge, 2014), *Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing* (Routledge, 2014), and *Finding Your Ruby Slippers: Transformative Life Lessons from the Therapist’s Couch* (PESI 2017). Lisa also hosted a weekly radio talk show, writes blogs and articles for websites on self-harm and self-care, and teaches on many webinars.

Speaker Disclosures:

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

Non-financial: Lisa Ferentz is a member of the National Association of Social Workers; and the American Psychotherapy Association.



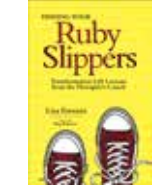
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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at czelasko@pesi.com or call 715-855-8194.

Guilt, Shame & the Trauma Survivor

Integrated Treatment Modalities to Move Therapy Forward

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Finding Your Ruby Slippers
Transformative Life Lessons from the Therapist’s Couch
By Lisa Ferentz, LCSW-C, DAPA **Your Speaker**

Overcome everyday obstacles, boost confidence, and end self-critical thoughts with simple life lessons from internationally recognized psychotherapist Lisa Ferentz. With more than 30 years of clinical experience, Lisa blends time-tested approaches and journaling to help you look inside yourself for tools to embrace change, take healthy risks, and increase self-compassion to nurture your personal and professional growth.



Treating Self-Destructive Behaviors in Trauma Survivors, A Clinician’s Guide, 2nd Edition
By Lisa Ferentz, LCSW-C, DAPA **Your Speaker**

Treating Self-Destructive Behaviors in Trauma Survivors, 2nd ed, is a book for clinicians who specialize in helping trauma survivors and, during the course of treatment, find themselves unexpectedly confronted with client disclosures of self-destructive behaviors, including self-mutilation and other manifestations of deliberately “hurting the body” such as bingeing, purging, starving, substance abuse and other addictive behaviors.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on March 2, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/78084

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 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 6.0 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.

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.

GEORGIA COUNSELORS: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

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.

GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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.



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- ☐ **\$39.95*** *Treating Self-Destructive Behaviors in Trauma Survivors, A Clinician’s Guide, 2nd Edition* book (SAM084075)

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar 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 for availability and job description, first come, first serve.
- **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 for details.

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