

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 is so treatment-resistant

Shame and Attachment: Its Evolutionary Purpose

- Shame and the attachment system
- Rupture and repair in attachment formation
- What happens to shame without interpersonal repair

The Meaning of Shame in the Treatment of Trauma

- Disgust, degradation, and humiliation interpreted as “who I am”
- Cognitive schemas that exacerbate shame
- Internal working models predict the future and determine our actions

Treating Shame: Working from the “Bottom Up”

- Sensorimotor Psychotherapy: Physiological state as the entry point for treatment
- Regulating shame states with somatic interventions
- Using mindfulness-based techniques to inhibit self-judgment

Healing Shame: Acceptance and Compassion

- Re-contextualizing shame as a younger self or part
- Dual awareness of who we are now and who we were then
- Getting to know our “selves”
- Bringing our adult capacity to our childhood vulnerability

Live Webcast Schedule (Times listed in Mountain)

8:00 Program begins

11:50-1:00 Lunch Break

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. Evaluate the effects of shame and self-loathing symptoms and identify how these symptoms inform treatment interventions.
2. Determine the impact of the neurobiological effects of shame as it relates to clinical practice.
3. Evaluate cognitive schemas and its clinical implications.
4. Articulate the foundation of Sensorimotor Psychotherapy as it relates to clinical treatment.
5. Apply simple yet effective clinical interventions drawn from Sensorimotor Psychotherapy to alleviate symptoms in clients.
6. Utilize clinical techniques, such as, memory processing, cognitive-behavioral and ego state as related to clinical treatment

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info



Train Your Whole Organization

Purchase one
full-price registration



Train **UNLIMITED** additional
attendees for only
\$49.99 each!

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

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

SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

LIVE Interactive Webcast
Tuesday, October 27, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/83767

Join us online, for this live training!

SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

Presented by
internationally
renowned
trauma expert,
Janina Fisher, Ph.D.

LIVE Interactive Webcast
Tuesday, October 27, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

REGISTER NOW:
pesi.com/webcast/83767

Shame and Self-Loathing in the Treatment of Trauma

Shame often prevents your traumatized clients’ recovery and hampers their ability to find relief and perspective despite effective treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Don’t miss this rare opportunity to learn effective experiential exercises drawn from Sensorimotor Psychotherapy, from internationally renowned trauma expert Janina Fisher, Ph.D. Dr. Fisher will show you how to help clients relate to their symptoms with mindful dual awareness and curiosity rather than automatic acceptance. If you are frustrated with the lack of treatment success in your traumatized clients, this workshop will provide the solutions for long-term healing.

Despite your best efforts, unshakeable feelings of shame and self-hatred often undermine treatment: your clients repeatedly take two steps forward, then one step back. In this one of a kind workshop you will understand shame from a neurobiological perspective—as a survival strategy driving somatic responses of automatic obedience and total submission—enforced by the client’s punitive introspection.

Attend this seminar and learn to integrate traditional psychodynamic and cognitive-behavioral techniques with Sensorimotor interventions that emphasize posture, movement and gesture. With these new techniques, issues of shame can become an avenue to transformation rather than a source of stuckness.



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.

Target Audience

Counselors • Psychologists • Social Workers • Marriage and Family Therapists
Addiction Counselors • Psychotherapists • Case Managers • Nurse Practitioners
Nurses • Physicians • Psychiatrists • Other Medical Professionals

**Group training *made easy!***

Professional content, expert presenters, CE credit, training materials and more. www.pesi.com/inhouse



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Digital Seminar or DVD: You can purchase a self-study package on the subject and 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 or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. 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 **Claire Zelasko** at czelasko@pesi.com or call **(715) 855-8194**.



Online Learning Made Easy!

Join us on October 27, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It’s easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

It’s easy and convenient!

Register now! pesi.com/webcast/83767

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each

• Watch and participate in real time

• One CE Certificate is included

• **BONUS!** Receive free on-demand access for 3 months with registration!

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 6.25 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/83767.

Counselors – AK, AZ, CA, CO, CT, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

Marriage and Family Therapists – AK, AL, AR, AZ, CA, CO, FL, IA, IL, IN, KS, ME, MI, MO, MT, NC, NH, NJ, NM, NV, NY, OH, PA, RI, SC, SD, TN, TX, UT, WY

Nurses – All States

Psychiatrists – All States

Psychologists – AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

Social Workers – AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MS, MT, NC, ND, NE, NH, NM, NV, NY, OH, OK, OR, PA, SD, TN, TX, UT, VA, VT, WA, WI, WY

For specific credit approvals and details, visit pesi.com/webcast/83767.

To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

REGISTRATION FORM

SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

SAVE TIME! Express Register Online: pesi.com/webcast/83767

1

Please complete entire form if sending by mail

©2020

please print legibly

*Email address _____
*Email required to receive registration confirmation, CE certificate, and/or digital product.

Name _____ Profession _____

Billing Address _____ ☐ Home ☐ Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
*Required for event updates

2

Pick Your Training

(make copy for your records)

☐ **LIVE Interactive Webcast**
October 27, 2020 **PWZ83766**
\$219.99 tuition*
8am Mountain time
Includes:
Real-time Q&A with Speaker
Live CE Certificate
Downloadable Manual
FREE BONUS:
Replay On-demand Access for 90 Days Afterwards

☐ **Digital Seminar** **POS045995**
\$219.99**
Includes:
Self-study CE Certificate
Lifetime On-demand Access
Downloadable Manual

☐ **DVD** **RNV045995**
\$219.99***
Includes:
Self-study CE Certificate
Lifetime Access
Downloadable Manual

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

QUESTIONS
Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-844-8260
Online: pesi.com/webcast/83767

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesi.com/privacy for more information.

PLEASE RETURN ENTIRE REGISTRATION FORM

Total _____

Shipping - \$6.95 (DVD only) _____

Subtotal _____

Tax _____

TOTAL _____

* For webcasts, add applicable tax in HI, NM
**For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.
***For DVD orders, add applicable tax except in AK, DE, MT, NH, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.

3

Select Payment Method

All registrations must be prepaid.
☐ Check enclosed payable to **PESI, Inc.**
☐ Purchase order enclosed (Fed ID # 26-3896894)
☐ MC 16 digits ☐ VISA 13-16 digits ☐ AE 15 digits ☐ Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#: _____

Signature _____
(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)