

2-Day Shame-Informed Treatment Certification Course

Shame lurks in the shadows of almost every therapy hour.

It can push your clients to hide their innermost feelings, put them into a freeze state where they feel trapped and powerless, or cause them to lash out at you in-session as they mask their shame with anger and blame.

Yet for most of us, working with shame wasn't part of our university or supervised training. How will you move your clients forward when they've spent a lifetime viewing themselves as wrong, unlovable, and unworthy of getting better?

This 2-day Certification Training will give you the skills and tools you need to end the tyrannical hold of shame and empower your clients to develop the acceptance of themselves, others and reality necessary for the effective treatment of shame-prone clients with trauma, stress, anxiety, eating disorders, substance use, and anger issues.

Attend and get the training you need to:

- End shame avoidance that stalls therapy
- Reduce judgmental thoughts and reactivity
- Reclaim the body from shame
- Overcome fears about failure, inadequacy and rejection that get clients stuck
- Build shame resiliency with interventions based on empathy, forgiveness and compassion

Best of all, you can **become a Certified Shame-Informed Treatment Specialist (CSTS)** upon completion of this course at no additional cost to you -- letting clients, colleagues and employers know that you've taken the time and effort to provide treatment at the highest level.

Sign up today!

Meet Your Speaker

Patti Ashley, Ph.D., licensed professional counselor has integrated 40 years of experience in special education, child development, and psychology into her wholehearted work as a psychotherapist, author, international speaker, and authenticity architect coach. She brings unique insights into the identification and treatment of shame, trauma, grief and dysfunctional family patterns.

Dr. Ashley owns and operates *Authenticity Architects* in Boulder, Colorado. Her inimitable Authenticity Architecture model facilitates long-term changes in the brain and nervous system, helping clients break through unconscious barriers and rediscover a sense of self-love, belonging, and connection. As a licensed professional counselor since 2000, Dr. Ashley has counseled a myriad of individuals, couples, families and groups in mental health agencies, psychiatric hospitals, and private practice settings. She also has many years of experience developing continuing education courses for physicians, hospital wellness programs, universities and other organizations.

Patti holds a Doctor of Philosophy Degree in psychology from the Union Institute and University, a Master of Education Degree in early childhood from Old Dominion University, and a Bachelor of Science Degree in special education from James Madison University. She is the author of *Living in the Shadow of the Too-Good Mother Archetype* (2014), *Letters to Freedom* (2019), and *Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self* (2020). For more information, please visit www.pattiashtley.com.

Speaker Disclosures:

Financial: Patti Ashley maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Patti Ashley 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 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 \$60 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 on-demand 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 **Ryan Bartholomew** at rbartholomew@pesi.com or call 715-855-8225.

Live Webcast Schedule (both days) (Times listed in Eastern)

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.



Train Your Whole Organization

Purchase one
full-price registration



Train **UNLIMITED** additional
attendees for only
\$79.99 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

Live Online Certification Training

2 DAY Shame- Informed Treatment Certification Course

LIVE Interactive Webcast

Thursday & Friday, October 15 & 16, 2020

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



REGISTER NOW: pesi.com/webcast/83817

Live Online Certification Training

Shame- Informed Treatment Certification Course

2
DAY

- End shame avoidance that stalls therapy
- Reduce judgmental thoughts and reactivity
- Reclaim the body from shame
- Build shame resiliency in clients
- Upgrade your skills and professional qualifications



**Become A Certified
Shame-Informed
Treatment Specialist (CSTS)!**

This seminar meets ALL requirements to become a Certified Shame-Informed Treatment Specialist (CSTS) through Evergreen Certifications!

Professional standards apply, see www.evergreencertifications.com/CSTS for full certification details.

LIVE Interactive Webcast

Thursday & Friday, October 15 & 16, 2020

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



REGISTER NOW: pesi.com/webcast/83817

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

Shame, Attachment and Social-Emotional Development

The difference between guilt, shame and core shame
Shame and attachment
Ruptured interpersonal bridges
The evolution of social-emotional development
Why self-compassion is so hard to access

The Neurophysiology of Shame:

Polyvagal Theory, Shame and the Shutdown Response

Shame and the Vagus Nerve
Neuroception, shame and felt safety
Core shame and implicit memory
Three common responses to shame
How addressing shame expedites treatment

Recognizing Shame: Assessment Tools

Why shame goes undetected by clinicians
Multicultural perspectives
Perfectionism, rage, blame and other defenses against shame
Reading the body - non-verbal signs of shame
Interview questions for assessing shame in relationships and current patterns
Self-assessment: identify your own shame

How to Create a Safe and Empathetic Therapeutic Environment

Mirror neurons and relational presence
Attunement as the key to therapeutic change
Large Empathy and being vulnerable
Avoid stigmatizing language in therapy
Co-regulating safety and equal power in the therapeutic relationship

Re-Write the Story of Shame into “I Am Enough”: Clinical Strategies to Cultivate Secure Attachment and Self-Compassion

Somatic approaches to cultivate secure attachment
Self-compassion and gratitude exercises
The four therapeutic “R”s: Recognize, Respect, Regulate and Re-Story
Four “C” shovels to calm nervous system and self-regulate shame response
Exercises to strengthen connections
Creative arts, music and poetry – increase neuroplasticity
Playfulness, humor and being in nature can rewire the brain

Mindfulness and meditations for non-judgmental awareness of shame
Narratives and visualizations to re-write clients stories to safety and being enough
Research, limitations and potential risks

Connect Shame-Informed Clinical Strategies to the Treatment of:

Anger and Rage

Shame of fear: Shame as a cover for anger
Self-acceptance techniques for internal damage control
Compassion and forgiveness exercises to let go of anger

Trauma

Somatic interventions
Strategies to survive without guilt
Exercises to rediscover self-worth

Stress and Anxiety

Mediate the paralysis of perfection with self-acceptance
Social anxiety as shame & self-doubt
Mindfulness-based, non-anxious self-consciousness

Eating Disorders

How shame pushes clients into binge eating
Choice Awareness Training for moderation & presence
Self-acceptance strategies for emotional eating

Substance Abuse and Addiction

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

Depression, Self-Harm & Suicidality

Recognize how internalized shame can deepen depression
Developing healthy coping strategies for uncomfortable feelings
Demystifying shame responses and returning them to their origin

Learning Objectives can be viewed at
pesi.com/webcast/83817



Online Learning Made Easy!

Join us on October 15 & 16, 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/83817

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$79.99 each

• Watch and participate in real time

• One CE Certificate is included

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

BONUS!

No additional certification fees when you purchase by October 15th!

No hidden fees – PESI pays for your application fee (a \$149.99 value)!

Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Shame-Informed Specialist through Evergreen Certifications is complete.*

Attendees will receive documentation of CSTS designation from Evergreen Certifications 4 to 6 weeks following the program. *Professional standards apply. Visit www.evergreencertifications.com/CSTS for professional requirements. *Certification cost included with purchase of live webcast. Digital seminar and DVD do not include certification fees.



Target Audience: Licensed Professional Counselor • Psychologist • Clinical Social Worker • Certified Addictions Counselor
Marriage and Family Therapist • Psychiatrist • Psychiatric Nurses and NPs • School Counselor • School Psychologist

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 12.5 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/83817

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

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, 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, 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/83817

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



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



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, 2020 - January 27, 2023. 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.

*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

2-DAY SHAME-INFORMED TREATMENT CERTIFICATION COURSE

SAVE TIME! Express Register Online: pesi.com/webcast/83817

1

Please complete entire form if sending by mail

please print legibly

©2020



*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 15 & 16, 2020 PWZ83816

\$439.99 tuition*

8am Eastern 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 POS056915
\$439.99**

Includes:

Self-study CE Certificate
Lifetime On-demand Access
Downloadable Manual

DVD RNV056915
\$439.99***

Includes:

Self-study CE Certificate
Lifetime Access
Downloadable Manual

BOOK ADD-ON
Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self
\$29.99* (PUB086315)

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/83817

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.

Total
Shipping****
(DVD & BOOK 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.
****Shipping is \$6.95 first item + \$2.00 each add'l item.

3

Select Payment Method

All registrations must be prepaid.

Check enclosed payable to PESI, Inc.

Purchase order enclosed (Fed ID # 26-3896894)

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 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.)



Group training made easy!

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

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