

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

Learner Objectives

1. Discriminate between guilt and core shame and elaborate on the adaptive, social and clinical implications.
2. Evaluate the role of attachment in the formation of a shame-based identity.
3. Investigate the neurophysiology of shame as seen through the lens of Porges' polyvagal theory.
4. Assess for verbal and non-verbal signs of shame in clients.
5. Employ interview questions for assessing shame in client's relationships and current patterns.
6. Investigate how clinicians can enhance attunement to create trust and openness with shame-prone clients.
7. Evaluate how therapists can use co-regulation to create a sense of safety and equal power in the therapeutic relationship.
8. Support how clinicians can increase vulnerability and self-awareness of their own shame to overcome barriers of relational presence.
9. Investigate how shame acts as a cover for anger and explain how compassion exercises can be employed to help clients let go of anger.
10. Evaluate the importance of managing shame in clients with substance use issues in efforts to prevent relapse.
11. Employ somatic interventions to help cultivate secure attachment in trauma clients.
12. Communicate how shame pushes clients into binge eating and clarify how self-acceptance interventions can be used to reduce emotional eating.

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

Live Webinar Schedule - both days (Times listed in Pacific)

8:00 Program begins

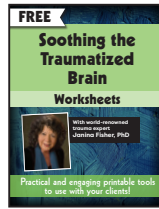
11:50-1:00 Lunch Break

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.

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Live Online Certification Training

Shame-Informed Treatment Certification Course

2 DAY

Live Online Certification Training

2 DAY Shame-Informed Treatment Certification Course

LIVE Interactive Webinar

Wednesday & Thursday, June 23 & 24, 2021

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

- 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. Visit www.evergreencertifications.com/csts for professional requirements.

Live Interactive Webinar

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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, upon completion of this live training, you'll be eligible to become a **Certified Shame-Informed Treatment Specialist (CSTS)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of treating shame in clients. Professional standards apply. Visit www.evergreencertifications.com/csts for details.

Sign up today!

Target Audience:

Licensed Professional Counselors • Psychologists • Clinical Social Workers
Certified Addictions Counselors • Marriage and Family Therapists • Psychiatrists
Psychiatric Nurses and NPs • School Counselors • School Psychologists



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CERTIFICATION MADE SIMPLE!



- 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 Treatment 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.

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.pattiashley.com.

Speaker Disclosure:

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.

To view the full bio, visit www.pesi.com/webcast/85021

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This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage & Family Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/85021

National CE Credit Approvals For Live Webinar

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). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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 - Earn a self-study CE certificate
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DVD (Option 3)

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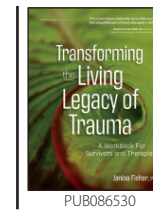
DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Shame-Informed Therapy
Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self
Patti Ashley, PhD, LPC
~~\$29.99~~ **\$22.99***



Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists
Janina Fisher, Ph.D.
~~\$29.99~~ **\$22.99***

*Discount Included with purchase of the Webinar

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