

## 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

## 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. Assess 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.

### 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 Webinar Schedule (Times listed in Eastern)

**10:00** Program begins  
**11:50-1:00** Lunch Break  
**6:00** 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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# SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

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# SHAME AND SELF-LOATHING IN THE TREATMENT OF TRAUMA

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

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# 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.

Target Audience:

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

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## Meet Your Speaker



**Janina Fisher, Ph.D.,** is a licensed clinical psychologist and instructor at the Trauma Center, founded by Bessel van der Kolk, MD. A faculty member of the Sensorimotor Psychotherapy Institute, an EMDR International Association consultant, past president of the New England Society for the Treatment of Trauma and Dissociation, and former instructor, Harvard Medical

School, Dr. Fisher lectures nationally and internationally on the integration of the neurobiological research and new trauma treatment paradigms into traditional psychotherapies.


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.


### CE CREDITS AVAILABLE FOR LIVE WEBINAR


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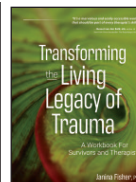
- Self-study CE certificate available

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### Recommended Reading:



**Shame-Informed Therapy**  
*Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self*  
Patti Ashley, PhD, LPC  
~~\$29.99~~ **\$22.99\***  
PUB086315



**Transforming The Living Legacy of Trauma**  
*A Workbook for Survivors and Therapists*  
Janina Fisher, Ph.D.  
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