

Outline

Trauma, Attachment Disorders and Core Shame

Guilt vs. core shame
Neurophysiological effects of trauma, attachment disorders, and core shame
Developmental theories relevant to emotional safety
The evolution of social-emotional development
Polyvagal theory, neuroception and shame
Trauma, shame and subsequent adult attachment styles

Recognizing and Understanding Client Defenses Against Shame

Reactions that develop in attempts to find safety
How clients use perfectionism to keep shame at bay
Anger, rage and blame
How trauma and shame-based beliefs or “stories” impact clients

Assess for Trauma-Based Shame in Relationships and Current Patterns

Nonverbal, implicit, and sensory aspects of trauma and shame
Interview questions for assessing shame in relationships and current patterns
Subtle cues of shame in the therapy room
Why self-compassion is so hard to access

How to Create a Safe Therapeutic Holding Environment

Attunement as the key to therapeutic change
Assessing adult attachment styles and shame
Exercises to establish safety and trust
Co-regulation strategies that create safety in the therapeutic relationship
Self-assessment: identifying your own shame
Interest inventories and values assessment
Psycho-educational opportunities that demystify shame

Mindfulness and Somatic Strategies:

Use the Present Moment and Movement to Build Calm and Release Shame
The importance of non-judgmental awareness
Breathing techniques to bring emotional and physical calm
Mandalas as a meditation tool
Mindfulness and meditation apps for clients
Reconnect to the self with nature therapy strategies
Self-compassion, forgiveness, and gratitude exercises
The role of yoga, dance, and movement in mediating shame


Narrative, Journaling and Therapeutic Art Interventions:

Re-Write Trauma-Based Shame Stories into Safety and Being Enough
Narrative therapy techniques to externalize clients’ feelings of shame
Self-compassionate visualization and letter-writing interventions
Homework assignments, prompts and using timelines
Re-storying shame scripts and stepping into strength
Creating, telling and using metaphors to de-shame trauma responses
Therapeutic art techniques – how clients can process pain outside of themselves
Combining top-down and bottom-up strategies in treatment


Connect a Shame-Informed Approach to Co-Occurring Disorders

Compassion and forgiveness exercises to let go of anger
Choice Awareness Training for eating disorders and disordered eating
How internalized shame can deepen depression
Mediate the stress and anxiety of perfection with self-acceptance
Addressing the shame of relapse with substance use disorders
Research, risks and treatment limitations

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2-DAY

Treating Trauma in the Shame-Prone Client

A Shame-Informed Treatment Specialist (CSTS) Certification Course

Live Interactive Webinar

Thursday & Friday, January 26 & 27, 2023

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Live Online Certification Training

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Treating Trauma in the Shame-Prone Client

A Shame-Informed Treatment Specialist (CSTS) Certification Course

- Repair clients’ damaged self-worth after relational traumas
- Interventions to manage fears about failure, inadequacy and rejection
- Somatic and relational tools to de-shame trauma responses
- Specific techniques from narrative therapy, art therapy and more



Limited Time Offer
Your Certification Application Fee
(\$149 value!) Included **FREE!** See details inside

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Live Webinar 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.

Learning Objectives can be viewed
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2-DAY

Treating Trauma in the Shame-Prone Client

A Shame-Informed Treatment Specialist (CSTS) Certification Course

I used to have clients with trauma who just wouldn't respond to treatment.

Session after session I was met with anger, avoidance or vague responses that shut the door to deeper exploration and healing.

No matter what I did, I felt like these *clients believed they weren't worthy of healing*.

That's when the solution became clear – shame was standing in the way of my clients' path to a better life...and it's likely standing in the way of yours.

Since that time, I've used a shame-informed approach that's allowed me to **more successfully access clients' deeply rooted pain, free them from their dysfunctional self-worth, and vastly improve treatment**.

Now in this comprehensive **certification course** I'll share the clinical strategies and expert level practice tips you need to **master effective therapy with shame-prone trauma clients**.

When you register you'll get full access to both confidence boosting days PLUS...

- Tools for assessing shame in clients' relationships and current patterns
- Exercises and co-regulation strategies that create emotional safety
- Specific guidance on using narrative and therapeutic art techniques
- Mindfulness and somatic techniques to build calm and release shame

Don't let shame continue to stand in the way of your clients' healing.

Register today!

— Dr. Patti Ashley

P.S. When you complete this training you can add a valuable certification to your resume and apply to **become a Shame-Informed Treatment Specialist (CSTS)** through Evergreen Certifications at no additional cost!

Target Audience:

Counselors • Social Workers • Marriage and Family Therapists • Psychologists • Psychiatrists
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*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



Dr. Patti Ashley, PhD, LPC, is a psychotherapist, international speaker and best-selling author of *Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self* (PESI Publishing, 2020).

With over 20 years of experience as a licensed counselor, Dr. Ashley brings unique insights into the identification and treatment of trauma, shame, grief and dysfunctional family patterns. She has counseled individuals, couples, families and groups in mental health agencies, psychiatric hospitals, and private practice settings. She maintains a private practice in Colorado where her Authenticity Architecture model helps clients break through unconscious barriers and rediscover a sense of self-love, belonging, and connection.

In addition to her book for psychotherapists, Dr. Ashley is the author of *Living in the Shadow of the Too-Good Mother Archetype* (Wyatt-MacKenzie Publishing, 2014) and *Letters to Freedom* (Wyatt-MacKenzie Publishing, 2019). In addition to her clinical work, Dr. Ashley develops and teaches continuing education courses for psychotherapists, physicians, hospital wellness programs, universities, and several private organizations.

Speaker Disclosures:

Financial: Dr. Patti Ashley maintains a private practice. She is an author with Wyatt-MacKenzie Publishing and receives royalties. Dr. Ashley receives a speaking honorarium, book royalties, and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Patti Ashley has no relevant non-financial relationships.

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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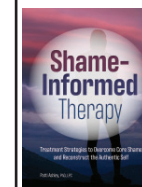
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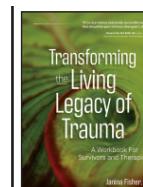


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Shame-Informed Therapy
Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self

Patti Ashley, PhD, LPC

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Janina Fisher, PhD

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