

Aberdeen Counselling Forum

“The Web of Shame in the Therapeutic Space”

Led by Christiane Sanderson

Saturday 22nd January 2022 – via zoom (10am-4.30pm)

Shame is like a virus that infects the soul and yet remains largely hidden. As a social emotion shame regulates social behaviour and is often shrouded in secrecy and silence. It will explore when healthy shame can become chronic, or toxic and its crippling effect on individuals, in particular those that carry the burden of intergenerational shame and are raised in shame prone families, or who have histories of abandonment, prolonged or systematic emotional, physical or sexual abuse, neglect or exposure to domestic violence.

This training will examine the complex nature of shame, its origins and function. It will distinguish between healthy shame and chronic shame, shame and guilt and its relationship to hubristic and authentic pride. It will explore the impact of chronic shame and long term effects, and identify the various defences against shame such as withdrawal, attacking self, avoidance and attacking others and their link to self-harm, addictions, repugnant obsessions, perfectionism, narcissism, grandiosity, rage and violence. The focus will be on being able to identify not just clients shame but also practitioner shame and how this impacts on the therapeutic relationship and the therapeutic process. Awareness of practitioner shame and their defences against shame is critical in being able to work through shame and minimise the risk of re-shaming clients.

Alongside enhancing awareness of shame in both client and practitioner in the clinical setting, the focus will be on how to release shame and build shame resilience through a range of therapeutic techniques and strategies as well as experiential exercises. Emphasis will be placed on creative, right brain based exercises such as the embodiment of shame, unpeeling the masks of shame, use of nesting dolls, and re-apportioning shame as well as compassion focused exercises to promote healing, restore authentic pride and build shame resilience.

Short biography

Christiane Sanderson is a senior lecturer in Psychology at the University of Roehampton with 35 years' experience working with survivors of child sexual abuse, domestic abuse and complex trauma. She has delivered consultancy and training to voluntary and statutory agencies including the Metropolitan Police Service and the NSPCC. She is a trustee of the charity One in Four and the author of a number of books including *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma*, *Counselling Skills for Working with Survivors of Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse* all published by Jessica Kingsley Publishers and *The Warrior Within: A One in Four Handbook to Aid Recovery from Childhood Sexual Abuse and Sexual Violence*, *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths*, *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* and *Numbing the Pain: A pocket guide for professionals supporting survivors of childhood sexual abuse and addiction* all published by One in Four

Contact person for booking/enquiries: Email: April.penny@btinternet.com

Zoom joining link and information needed will be sent by email prior to event.

Please complete and email your booking form to: April.penny@btinternet.com

ACF **Booking Form** for Workshop Saturday 22/01/22

PARTICIPANT NAME:

EMAIL ADDRESS:

TELEPHONE NUMBER:

PLEASE INDICATE APPROPRIATE PAYMENT BOX

| **PLEASE NOTE NEW REDUCED PAYMENT RATES FOR ZOOM WORKSHOPS | |
|---|--|
| ACF MEMBER - £25 | |
| ACF CONCESSION MEMBER - £20 (Low income, 60+, F/T student, counselling diploma student) | |
| ALL NON MEMBERS - £40 | |

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If you wish to pay by cheque - email contact person for postal address.

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Cancellation fee of 50% will be refunded up to 3 days prior to event, thereafter no refund will be given.

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.