

# *the* **DARING WAY™**

## SHOW UP | BE SEEN | LIVE BRAVE™

*based on the research of Brené Brown*



### Workshop: Daring Therapists

#### *Healing Shame in the Therapy Room*

##### **Workshop summary:**

This highly interactive workshop will present the concept of healing shame – once we understand how shame operates *in* our lives and the lives of our patients, it cannot *operate* our lives and theirs. “If we are brave enough, often enough, we will fall.” Brené Brown. This is a workshop about how to get back up with integrity.

**Date:** March 10, 2016 (9am - 4:30pm)

**Location:** IAHIP (40 Northumberland Ave, Dun Laoghaire, Co Dublin)

**Facilitator:** Marianne Marlow, MA LMHC

**Cost:** 95 Euros

**Registration:** Please contact Michelle to reserve space for this amazing experience!  
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\*\*\*Detailed workshop description on back of flyer\*\*\*

# **Workshop: Daring Therapists**

## *Healing Shame in the Therapy Room*

### **Description of workshop:**

Although shame is a prevalent and painful emotion that arises frequently in everyday life, its role is often overlooked in therapy. Firstly, because of the avoidance of the word in common language, secondly, it is inherently linked to the desire to hide and conceal and not often brought up in therapy, and thirdly, therapists inadvertently avoid discussing shame-related topics perhaps because of our discomfort with our own shame. It is difficult to talk about and is psychobiologically difficult to measure. Never the less, it is ubiquitous in issues addressed in the therapy office. Shame needs to be approached and addressed in the therapeutic relationship otherwise, it is given legitimacy. (One might say that we can't exorcise the demon shame until we can name it.) The research of Dr. Brené Brown among others provides us a framework to recognize shame triggers in our clients and countertransference for us as clinicians. Therapists need guidance to help them better understand shame and work with clients' and their own experiences of shame. As therapists, we must be willing to deal with our own shame before we are able to help clients heal shame-related wounds.

This workshop explores the current research on shame, recognizing countertransference, designing interventions to release the 'lock-down' of shame, treating shame with various techniques and transforming it in ourselves as clinicians, and with our clients. Because we as clinicians cannot effectively stand beside our clients in realms we haven't explored, we will use Brené Brown's metaphor of 'the Arena' to explore our subconscious maladaptive and limiting beliefs to better assist our clients in understanding theirs; thus clearing the clinical field to restore connection. This workshop will explore in dyads, and individual experience, the phenomenon of scarcity, comparison, and shame. Developing our awareness as clinicians with empathy and self-compassion and providing a pathway to strengthen the therapeutic alliance.

### **This workshop will:**

- a) Help participants to understand and begin to utilize the metaphor of the arena to examine the challenges associated with feeling vulnerable or with engaging in behaviors that lead to uncertainty, risk and emotional exposure.'
- b) Utilize a shared language in the group to talk about the various components of the arena.
- c) Begin to understand the relationships among vulnerability, scarcity, shame, and comparison.
- d) Recognize how criticism and cynicism neurologically impede our willingness to be vulnerable.

### **Workshop Objectives (Participants will):**

- 1) define shame in the nervous system for themselves and their clients.
- 2) explore the context of the arena where personal vulnerability will start to bring to consciousness the people, messages, and expectations both that lend personal and professional support to their efforts to 'show up' and that generate fear.
- 3) inventory (that may be used with clients) the subconscious roadblocks to professional fear and shame.
- 4) explore their own real bravery.
- 5) learn their own shame triggers and subconscious remedies to those triggers.
- 6) Explore what keeps us at the door of the arena without going in.
- 7) What is the role of scarcity, comparison, and shame?
- 8) Learn the shields and healthy personal resources to overcome and live with shame – an inevitability in our nervous systems.
- 9) Learn about the 2 remedies of shame