

**Saturday 6<sup>th</sup> October 2018**

**10.00a.m. – 4.30p.m.**

**IAHIP Office, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin**

**Workshop 5 - Exploring The Interpersonal Nature of Shame: A Workshop for Therapists.**

**Facilitator: Carol Duffy**

Shame is an intensely painful interpersonal emotion, that when exposed, the pain is often unbearable. To avoid the pain of exposure, shame ingeniously conceals itself, through a number of defenses and compensations, often to the point that it is obscured from the person experiencing shame themselves.

This workshop will explore the early roots of shame, introducing participants to an understanding of shame from a neurobiological perspective, including right brain-right brain interaction and early attachment relationships. We will take a look at recognising the various manifestations of shame, including its somatic cues, beliefs, defenses and compensatory strategies.

To place shame on our therapeutic radar, we will focus on shame in the therapeutic relationship, including the evoking of therapist shame, and transference and countertransference responses to shame. We will look at orientating our curiosity towards shame, by exploring the essential therapeutic qualities, and ways of being, that will help us as practitioners, to begin contributing to the interpersonal healing of shame. This workshop will combine theory, collaborative interaction and experiential learning

**Bio.**

Carol Duffy (MIAHIP, MEAP), is an accredited psychotherapist. She currently works with Adults and Adolescents in her private practice in Meath. Over her career as a therapist she has worked as a clinical assessor and senior therapist in Pieta House, as well as working in a number of charitable organisations providing counselling services within the local community.

Carol has a Dip. in Humanistic & Integrative Psychotherapy, a Post Grad. Dip. in Adolescent Gestalt Psychotherapy, Cert. in Child Psychology, BA in Fine Art and formal training in classical music. She has additional training in Sensorimotor Psychotherapy levels I & II, that incorporate principles from somatic therapies, neuroscience, attachment theory, mindfulness and hakomi. She has spent the last decade exploring the topic of shame, and its role in psychotherapeutic process. She recently has completed a Masters in Psychotherapy, writing a dissertation focusing on the of topic shame.

**Workshop 5 - Exploring The Interpersonal Nature of Shame: – Carol Duffy**

<b>Fees: €70.00</b>	<b>IAHIP Accredited Members and Pre-Accredited Associates</b>	<b>Payable to IAHIP</b>
<b>Fees: €90.00</b>	<b>Qualified Psychotherapists of other Professional Organisations/Bodies</b>	<b>Payable to IAHIP</b>
<b>Fees: €50.00</b>	<b>Psychotherapy Students</b>	<b>Payable to IAHIP</b>

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Accredited Member /Pre-Accredited Associate of IAHIP: €70.00  Student €50.00

Other professional organisation:  €90.00 Please provide name of Prof. Org. here: \_\_\_\_\_

Max No. of delegates is **16** - Please enclose fee payable to **IAHIP**.

**Workshops cannot be booked without payment & fees are non-refundable**  
**Send to: Workshop Group, IAHIP, 40 Northumberland Avenue, Dun Laoghaire, Co Dublin**