

The Counsellors Toolbox when Working with Shame: Exercises to Break the Silence of Shame and Build Shame Resilience

Christiane Sanderson

Saturday 4th May 2019

10.00am-4.00pm

Only
£65

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.

This training day will provide professionals working with shame an opportunity to develop and enhance their existing skills by adding new techniques to their therapeutic repertoire. As toxic shame is primarily stored in the right brain, practitioners need to be able to facilitate right brain engagement through a range of creative techniques and exercises to expand their toolbox.

In adopting a workshop style approach, counsellors and practitioners will have an opportunity to actively engage with a range of tried and tested exercises to use with clients who experience shame. The aim is to enable practitioners to explore more creative ways of working with shame to help clients break the silence and secrecy of shame and build shame resilience through authentic pride. Through a series of experiential exercises including creating a web of shame, developing a Circle of Shame, the use of masks to cover up shame, making shame genograms to identify the intergenerational transmission of shame, the embodiment of shame and working with nesting dolls, practitioners will be able to uncover hidden shame and explore the range of shame defences.

The focus will be on uncovering not only client's shame but also practitioner's shame in order to facilitate working with client's who are drenched in shame. In emphasising that the best antidote to shame is to talk about it, practitioners will be able to help clients build shame resilience and restore authentic pride.



Christiane Sanderson is a senior lecturer in Psychology at the University of Roehampton. With 30 years' experience working in child sexual abuse interpersonal trauma and domestic abuse (and trauma), she has run consultancy and training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, the NSPCC and the Refugee Council.

She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse*, *Sexual Violence and Domestic Abuse*, *Introduction of Counselling Survivors of Interpersonal Trauma*, *Counselling Survivors of Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse 3rd Edition*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from 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* and *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* all published by One in Four.