



Confronting Shame & Self-Loathing: Pathways to Healing



with
Janina Fisher, PhD
An Expert in
Trauma Treatment

**Professional
Development
Workshop: 6 CEs**

Friday, March 17, 2017

8:30 am–4 pm

(Check in begins at 8 am)

Location:
Cooper Creek Event Center
4040 Cooper Road
Blue Ash, OH 45241

MIRIAM O. SMITH EDUCATIONAL SERIES

Confronting Shame & Self-Loathing: Pathways to Healing

Therapists regularly confront the insidious impact of shame on their traumatized clients' ability to find relief and perspective even with good treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Increased ability for self-assertion gets undermined by belief systems about worth or deserving. Progress in the treatment, increasing relief from symptoms, even greater success in life tend to evoke shame and self-judgment rather than pride. Despite the therapist's best efforts, unshakeable feelings of shame and self-hatred often undermine treatment: the client repeatedly takes two steps forward, then one step back.

This workshop will introduce participants to understanding shame from a neurobiological perspective—as a survival strategy driving somatic responses of automatic obedience and total submission—enforced by the client's punitive introspection. Using lecture, video, and experiential exercises drawn from Sensorimotor Psychotherapy, a body-oriented talking therapy, participants will learn to help clients relate to their symptoms with mindful dual awareness and curiosity rather than automatic acceptance. When traditional psychodynamic and cognitive-behavioral techniques are integrated with Sensorimotor interventions emphasizing posture, movement, and gesture, issues of shame can become an avenue to transformation rather than a source of stuckness.

Key Learning Objectives:

Participants will learn to:

- Identify the role of shame in traumatic experience
- Understand shame as an animal defense survival strategy
- Describe the interaction between cognitive schemas and shame responses
- Identify the emotional, physical and cognitive effects of shame
- Use Sensorimotor Psychotherapy in trauma treatment
- Utilize mindfulness-based and somatic techniques to challenge shame
- Help clients increase self-compassion and self-acceptance

Agenda

Friday, March 17

6 CEs

8:00–8:30 am

Check In

8:30–10:00 am

The Neurobiology of Shame

- The role of shame in traumatic experience
- Shame as an animal defense survival response
- Shame’s evolutionary purpose
- The role of procedural learning and memory

10:00–10:15 am

Break

10:15–11:45 am

Making Meaning of Shame

- What happens to shame without interpersonal repair
- Feelings of disgust, degradation, and humiliation are interpreted as “who I am”
- Cognitive schemas predict the future and determine our actions

11:45 am–
12:30 pm

Lunch

12:30–2:00 pm

Working from the “Bottom Up”

- Cognition and the body: how the body supports distorted beliefs
- Including “bottom up” interventions to address bodily effects of shame
- Differentiating resourcing versus de-resourcing thoughts

2:00–2:15 pm

Break

2:15–3:45 pm

Working with shame as a part of the personality

- Differentiating the shaming judgmental part from the ashamed part
- Changing the relationship to the shame by externalizing it as the shame of the child
- Using “wise mind” to bring adult compassion to childhood vulnerability

3:45–4:00 pm

Discussion and closing

Evaluation and Distribution of Certificates



Janina Fisher, PhD

“Shame can be seen as a survival strategy driving somatic responses of automatic obedience, conflict avoidance, and passivity. We need to help clients relate to shame with curiosity rather than shame and more

shame, discriminating the cognitive, emotional, and physiological components, and transform shame states using somatic and other cutting edge techniques.”

Janina Fisher, PhD is a licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a therapist and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, a faculty member of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher has been an invited speaker at the Cape Cod Institute, Harvard Medical School Conference Series, the EMDR International Association Annual Conference, University of Wisconsin, University of Westminster in London, the Psychotraumatology Institute of Europe, and the Esalen Institute.

Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.

Who should attend?

Social Workers • Counselors • Marriage and Family Therapists
Educators • Psychologists • Case Managers • Nurses
Chemical Dependency Counselors • Life Coaches • Clergy
Psychiatrists • Occupational Therapists

Registration

SEATING IS LIMITED – REGISTER EARLY!

Please register online at www.jfscinti.org/moses, or complete this form and return with payment to: Jewish Family Service, Dr. Janina Fisher Workshop, 8487 Ridge Road, Cincinnati, OH 45236 or FAX to 513-766-3358.

One registration per form. Please print clearly. Please photocopy this form for additional registrants. Group rates apply only for agencies registering 2 or more at the same time by mail, fax or online. Payment must be received with registration forms.

Name

Place of Employment/ Company Name

Street Address

City, State, Zip

Daytime Phone

Cell Phone

Email (Confirmation will be sent via email only)

Registration Fees (includes choice of lunch and 6 CEs)
After 5 pm on March 8, a late fee of \$15 per registrant will apply.

\$15 late fee

Workshop:

- \$140 by 5 pm, March 8, 2016
 \$130 for 2 or more from the same agency registering by March 8, 2017, AT THE SAME TIME

Cancellation Policy: A refund minus \$20 per person administrative fee will be issued upon request for cancellations received by 5 pm Wednesday, March 8, 2017. No refunds will be issued after March 8, 2017.

Professional Credit Registration:

Registration includes 6 Continuing Education Credits for the following:

- Social Work CPE (Reciprocal for Nursing)
 Counseling CPE
 Marriage and Family Therapy CPE
 Psychology OPA-MCE
 Chemical Dependency RCH
 Occupational Therapy CE
 Teacher Contact Hours
 Certificate of Completion

Lunch Choices:

- Spicy Salmon Salad & Tomato Stack**, served with Fresh Cut Organic Market Vegetables & Lemon Hummus
 Caesar Salad with Grilled Chicken (Organic Kale and Romaine tossed with Organic Chopped Chicken and Grilled Asparagus and Caesar Dressing), served with Organic Fresh Fruit Cup
 7 Vegetable Quinoa Stuffed Portabello drizzled with Roasted Tomato Coulis, served with Roasted Seasonal Vegetables (all organic)
 Kosher Option

Payment:

- Enclosed is a check made payable to Jewish Family Service in the amount of \$ _____ or
 Please charge the amount of \$ _____ to my:
 VISA MC AMEX Discover

Credit Card # _____

Expiration Date _____

Signature _____

Name as it appears on card

OR register online at www.jfscinti.org/moses by March 14, 2017
(Groups must register and pay at the same time to receive the discounted rate.)
Questions or for disability accommodations: 513-985-1581 or events@jfscinti.org

Miriam O. Smith

Jewish Family Service established the annual **Miriam O. Smith Educational Series** (MOSES) program in 2004 to provide an opportunity for professional development as well as offer the community a chance to learn from nationally recognized mental health experts. The series honors the memory of Miriam O. Smith, a long time social worker at Jewish Family Service who provided extensive individual and family therapy, headed the adoption program, and also served as interim director of the agency.





With Janina Fisher, PhD

Janina will share how issues of shame can become avenues to transformation, enabling individuals to survive.

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Presented by:



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Jewish Family Service

8487 Ridge Road

Cincinnati, OH 45236

513-469-1188 www.jfscinti.org



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