

Through the Looking Glass: Using Imaginal Resources to Heal Shame Course Agenda – 4-Day Format

DAY 1

- 10:00 –10:30 Introduction and check-in – What people want from the workshop and their work with clients' shame
- 10:30–11:00 The Four Realms of Human Experience – Diagram
Distinction between the “real” world and the imaginal
- 11:00–11:30 Definitions of Shame
- 11:30-11:45 BREAK
- 11:45-12:15 Partner exercise
- 12:15-12:45 Responses to Shame (Nathanson) and chart
- 12:45-1:15 Repairing Shame – Repair the interpersonal bridge through the imaginal realm
- 1:15 – 1:30 Pearls: What did you learn today? Homework

DAY 2

- 10:00 – 10:15 Check-in
- 10:15 – 11:00 Repairing Shame – Working with Parts - Focusing
- 11:00 – 12:00 Demonstration Session – Working with Parts
- 12:00 – 12:15 BREAK
- 12:15 – 1:15 Discussion of Cases
- 1:15 – 1:30 Pearls: What did you learn today? Homework

DAY 3

- 10:00 – 10:15 Check-in and how shame is showing up with your clients
- 10:15 – 11:00 Case stories and info
Giving back the shame in the Imaginal Realm
Drama Therapy techniques you can use in psychotherapy sessions
- 11:15 – 12:00 Demonstration Session – Using the Imaginal Realm
- 12:00 – 12:15 BREAK
- 12:15 – 1:15 Discussion
- 1:15 – 1:30 Pearls: What did you learn today? Homework

DAY 4

10:00 – 10:15 Check-in

10:15 – 12:00 Practice sessions

12:00 – 12:15 BREAK

12:15 – 1:15 Case discussions – How to integrate this into your work in a way that fits your clinical style and training.

1:15 – 1:30 Pearls - What are you taking from the workshop?