

Advanced 1: Giving Back the Shame

Course Agenda – 4-Day Format

WEEK 1 - CREATE THE CONTAINER

- 10:00 – 10:40 Introductions. “Why are you here?”
- 10:40 – 11:00 Exercise in pairs
- 11:00 – 12:15 Create the Container: Welcome, Attune, Build Rapport, Create Safety
- 12:15 – 12:30 BREAK
- 12:30 – 1:00 Resource and Counter-Shame
- 1:00 – 1:30 Pearls: What did you learn today? Homework

WEEK 2 – SHAME IN THE PRESENT

- 10:00 – 10:15 Check-in
- 10:15 – 11:00 Get Specific, Be Precise. Focus the session
- 11:00 – 12:00 Demonstration session & discussion
- 12:00 – 12:15 BREAK
- 12:15 – 1:15 Different approaches for different kinds of shame in the present
- Normalize the behavior and the shame.
 - Separate toxic shame from healthy shame.
 - Separate shame from other emotions.
- 1:15 – 1:30 Pearls and homework

WEEK 3 – SHAME IN THE PAST / GIVING BACK THE SHAME

- 10:00 – 10:15 Check-in and sharing how this work is showing up with clients’ shame
- 10:15 – 11:15 Special tools for working with the past. Popping the shame-trauma bubble.
- 11:15 – 12:15 Steps to Giving Back Shame from the past - Utilizing the Imaginal realm
- 12:15 – 12:30 BREAK
- 12:30 – 1:15 Demonstration and discussion
- 1:15 – 1:30 Pearls and homework

WEEK 4 – GIVING BACK THE SHAME PRACTICE SESSIONS

- 10:00 – 10:45 Check-in and review. Discussion
- 10:45 – 12:15 Practice sessions
- 12:15 – 12:30 BREAK
- 12:30 – 1:00 Practice session review
- 1:00 – 1:30 Pearls and next steps