

**Advanced 2: ShameShifting –
Transforming Toxic Shame into Healthy Shame
Course Agenda – 5-Day Format**

CLASS 1

10:00 – 10:45 Opening and introductions - What do you want to get out of the workshop?

10:45 – 11:30 Shame and Pride exercise with partners

11:30 – 12:15 Create the Container

Welcome, Attune, Build Rapport, Create Safety

- Slow things down
- Establish rhythm – Pendulate with client
- Repeat back. Take time
- Attune
- Personal Sharing – “We’re in the same boat,” commonality
- Compassionate curiosity – Open to client’s experience
- Unconditional positive regard – Model kindness

12:15 – 12:30 BREAK

12:30 – 1:00 Resource and Counter-Shame

- Find strengths
- Normalize
- Clarify
- Breathing and grounding
- Positive memories, people, places
- “Resistance” becomes “Resourcing”
- Witness. Mirror. Acknowledge.
- Reframe. Problem becomes solution to a bigger problem.
- Self-reveal to equalize relationship.
- Help client feel met, befriended, better about him-/herself.
- Find optimal distance between cognitive and somatic/emotional.
- Pendulate between different realms to find and keep optimal distance from the shame.

1:00 – 1:30 Pearls you’re taking home

CLASS 2

10:00 – 10:15 Opening and check-in

10:15 – 11:00 Get specific, be precise

Focus the session. Zero in on what needs to be worked on. “Is there something you’re embarrassed about?”

- 11:00 – 12:00 Demonstration session
- 12:00 – 12:15 BREAK
- 12:15 – 1:15 Expand limited thinking
Helpful Metaphors – Working with eating
“Every Strength is a Weakness, Every Weakness is a Strength”
- 1:15 – 1:30 Pearls and summary of points learned

CLASS 3

- 10:00 – 10:15 Check-in and sharing how this work is showing up with client’s shame
- 10:15 – 11:15 Get to reassessment and create the big picture
- 11:15 – 12:15 Gentle confrontation of denial
- 12:15 – 12:30 BREAK
- 12:30 – 1:15 Demonstration and discussion
- 1:15 – 1:30 Pearls, summary of points learned, homework

CLASS 4

- 10:00 – 10:30 Check-in – What has changed?
- 10:30 – 11:15 Things I Can’t Forgive Myself For
Processing in the present – How does it feel different?
- 11:15 – 12:15 Practice sessions
- 12:15 – 12:30 BREAK
- 12:30 – 1:00 Practice session review
- 1:00 – 1:30 Pearls and summary of points learned

CLASS 5

- 10:00 – 10:30 Check-in – New Developments
- 10:30 – 11:15 Course Review
- 11:15 – 12:15 Practice Sessions
- 12:15 – 12:30 BREAK
- 12:30 – 1:00 Practice Session Review
- 1:00 – 1:30 Pearls and Summary