

**Healing Shame in Inner Children and Actual Children
Course Agenda – 2-Day Format**

DAY 1

- 10:00 - 10:30 Introductions - Why take this class?
- 10:30 - 10:45 Our story - Who we are and why we teach about shame
- 10:45 - 11:00 Definitions of Shame
- 11:00 - 11:30 Shame and Pride exercise and discussion
- 11:30 - 11:45 BREAK
- 11:45 - 12:15 Erickson's stages as related to shame
- 12:15 - 12:45 Psychosocial Development, Sexual Shame and Eating Disorders Chart by Sheila Rubin
- 12:45 - 1:15 "Inner children" at different developmental ages
- 1:15 – 2:15 LUNCH
- 2:15 – 3:00 Theme: Levels of Deprivation as a Child – Exercise in pairs
- 3:00 - 4:15 Child Rescue
- 4:15 – 4:30 BREAK
- 4:30 – 5:30 Demonstration and discussion
- 5:30 – 6:00 Pearls you're taking home with you

DAY 2

- 10:00 - 10:15 Check-in
- 10:15 – 10:30 Drama Therapy
Treating eating disorders, addiction, depression
- 10:30 - 10:45 Reactions to Shame chart – What is your best reaction to shame?
- 10:45 - 11:15 Writing exercise
- 11:15 - 11:45 Exploring shaming incidents from childhood
Working with the role of the protector
- 11:45 – 12:00 BREAK
- 12:00 – 1:15 Demo session: Child rescue

- 1:15 – 2:15 LUNCH
- 2:15 – 4:00 Expand Role Repertoire and Transform Self-Image
- Growth Image – Create a New Story (Coherent Narrative)
 - Express from this new role – Portrayal using one or more drama therapy processes
 - Explore what skill or talent was missed by the shaming incident that could be imagined now.
- 4:00 – 4:15 BREAK
- 4:15 – 5:00 Partner exercise working with clients' shame
- 5:00 – 5:30 Discussion
- 5:30 – 6:00 Pearls you're taking home with you