

**Using Interpersonal Skills to Heal Shame:
Undoing Aloneness and Building Attachment
by Matching, Joining and Activating Mirror Neurons**

Course Agenda – 4-Day Format

CLASS 1

- 10:00 – 10:45 Opening and introductions - What do you want to get out of the workshop?
- 10:45 – 11:15 Pride exercise with partners
- 11:15 – 11:45 Reactions to Shame
Leveling the playing field
- 11:45 – 12:00 BREAK
- 12:00 – 12:45 Dancing, improvising with the client
- 12:45 – 1:15 Exercise with partners
- 1:15 – 1:30 Pearls you're taking home

CLASS 2

- 10:00 – 10:30 Opening and check-in
- 10:30 – 11:15 Matching and mirroring
Repairing the bridge that was broken by shame
- 11:15 – 11:45 Finding connections
Curiosity is the opposite of shame
- 11:45 – 12:00 BREAK
- 12:00 – 12:15 Acknowledge and celebrate differences
- 12:15 – 1:15 Demonstration and discussion
- 1:15 – 1:30 Pearls and summary of points learned

CLASS 3

- 10:00 – 10:30 Check-in
- 10:30 – 11:15 Counter-shaming
- 11:15 – 11:45 Caring friend – trusted expert
- 11:45 – 12:00 BREAK
- 12:00 – 1:15 Demonstration and discussion
- 1:15 – 1:30 Pearls and summary of points learned

CLASS 4

- 10:00 – 10:30 Check-in – What has changed?
- 10:30 – 11:15 Leading from behind
- 11:15 – 11:30 BREAK
- 11:30 – 12:30 Practice sessions
- 12:30 – 1:00 Discussion
- 1:00 – 1:30 Pearls and summary of points learned