

Mini-Course: SHAME

CE Hours: 1.5

***Reading:
Pp. 89-100,
239-247***

Learning Goals:

1. To describe the nature and dynamics of shame.
2. To discuss how shame can undermine accountability.
3. To name feelings and behaviors which tend to indicate shame, and specific recommendations for working with shame.

Self-Study Practices:

Self-Study 1. Please gather some paper and colors and then get comfortable and turn your awareness inside. Now invite your unconscious to offer you a memory of a time when you felt ashamed about some harm you caused or a time when you were shamed. (But not such a strong memory that you will be overwhelmed). Tune in to your body, spirit, mind, sensations, image, posture, breath, impulses. When you have gathered your perceptions, translate your experience into a drawing.

These are common experiential descriptions. How do they compare to your experience. What would you add?

- gazing down or averting eyes
- collapse of body
- turning inward for long periods
- compressing body
- extreme intensity
- quick flash/slow burn

Self-Study 2—Shame and the Power Spiral—pages 98-99

Assessment Questions:

1. How does shame interfere with accountability and healing because of the following five shame impacts?
 - a. isolation, withdrawal and avoidance
 - b. loss of resources
 - c. hopelessness and lack of self-worth
 - d. inability to self-assess or reality check

- e. outward or inward rage
- 2. How does shame effect the nervous system?
- 3. What is the difference between guilt and shame?
- 4. Name four things needed to de-activate shame?
 - 1.
 - 2.
 - 3.
 - 4.

Feedback

- 1. Please rate in terms of value: 1 (lowest) 5 (highest)
 - professional _____
 - personal _____
 - reading _____
 - self-study _____
 - questions _____
- 2. Please rate from 1 (lowest).....5 (highest)
 - What was the degree of ease, if needed, in communicating with me _____
 - What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) _____
 - Was there adequate support for the content questions _____
 - Were the unit objectives supported by the home study materials _____
 - Were assignments carried out in a private and secure manner _____
 - Did the content lend itself to a home study format _____
- 3. How many hours/minutes did the following pieces take you?
 - reading _____
 - self-study _____
 - questions _____
- 4. Anything else you'd like to say?
- 5. Your Helping Profession _____
- 6. Organization Requiring CEUs _____