



Institute for Psychological Advancement

Recognizing and Treating Shame

Shame is a universal experience and a silent epidemic that many do not understand, and most do not want to talk about. It is a powerful emotional experience that often goes unaddressed and can impact nearly every aspect of a person's life. The active avoidance of shame is what gives it power and prevents clients from experiencing the vulnerability often necessary for healing. For those who experience chronic shame, they believe that they are defective or damaged leading them to mistrust, powerlessness, and worthlessness. Because clients will rarely acknowledge or understand their shame, clinicians have the responsibility of knowing how to recognize and bring shame into the therapeutic process. While addressing and treating shame will not be necessary for every client, it is commonly seen in many clinical disorders including substance use, posttraumatic stress disorder, borderline personality disorder, body image and eating disorders, self-injurious behavior, and chronic suicidality.

Learning Objectives:

Upon conclusion of this program, participants should be able to...

1. Describe the impact shame has on the therapeutic process
2. Identify the differences between guilt and shame
3. Learn how to recognize shame through vocabulary, paralinguistic, and non-verbal cues
4. Understand common shame-related behaviors, emotions, and thoughts for specific clinical disorders
5. Learn techniques to manage and treat client shame

Learning Level:

Basic – Intermediate

Target Audience:

This training is designed for professional counselors, school counselors, social workers, marital and family therapists, psychologists, addiction counselors, case managers, nurses, yoga teachers, and other health care professionals.

Continuing Education:

To obtain the 3.5 CE hours associated with this course, the participant will need to sign in at the start of the program, attend the full course, and complete the program evaluation form. At the end of the program, participants will receive a certificate of completion.

The content of this event may meet requirements for most national, state, and local licensing boards and professional organizations. Be sure to print the event description and submit with your certificate of attendance to your professional board for consideration. For rules governing continuing education, participants should contact their respective regulatory boards.

Kansas Behavioral Sciences Regulatory Board does not require pre-approval of CE programs and does not even offer an approval process for most professions. They will consider CE programs that cover content specific to each profession's practice, skills, ethics, and knowledge. Additional information is provided on their website under each profession, typically in the FAQ sections.

Missouri Division of Professional Registration does not require continuing education providers or programs to be approved prior to the event. They will accept continuing education that is relevant to each profession (i.e. for professional counselors content must be primarily related to counseling, for psychologists content must be mostly psychological, and so on). Additional information is provided on their website.