



Gestalt Birmingham

## Identifying and Transforming Shame in the Therapeutic Relationship Saturday 20th June and Sunday 21st June, 10am - 5pm.

Zellig Building, Custard Factory, Digbeth, Birmingham, B9 4AT

**\*SPECIAL OFFER\* For the first six people to sign up to the course - £160**

**\*SPECIAL OFFER\* Book all three courses for £400**

*Shame is about the loss of fundamental support and the perceived impossibility of ever obtaining it again in an adequate form. (Kepner 1995)*

Originating in and sustained through our interpersonal experiences, shame is 'an essential part of our affective toolkit, sensitising us to the social reactions or lack of support around us' (Wheeler & Axelsson, 2015), and a persistent presence in our lives. However, our sensed intolerance to it leads to a plethora of adjustments and concealments that can further limit already fragile relational connections. Background phenomena including culture and prevailing assumptions about self-reliance and self-responsibility reinforce shame as a message about personal failure. Shame about shame then arises, makes accessing shame and its effects even more entrenched.

In our workshop we will help deconstruct shame from a gestalt perspective, providing:

- An introduction to a gestalt understanding of shame from a field theoretical and developmental perspective
- An exploration of the concept of Support for its particular relevance to working with shame
- A focus on recognising manifestations of shame, shame defences in ourselves and our clients
- Approaches to work effectively and skilfully with shame as it arises in the therapeutic relationship so that it can become part of the dialogue and not a hidden aspect
- A 'Shame Practicum' giving opportunities to bring forward shame issues as they may be occurring for attendees in the client and supervisory relationships

We will use a variety of formats to deliver the workshop, but there will be pair and groupwork to support differing learning styles and maximise helpful outcomes. Experiential methods will be used wherever possible. All participants will receive a detailed pack covering all subject matter.

### Core Trainers

**Chris O'Malley** MSc BA UKCP Registered Gestalt Psychotherapist MBACP (Accred) Counsellor

Chris is a widely-experienced psychotherapist (registered with UKCP), accredited counsellor (registered with BACP) and supervisor with over 15 years' experience. I've worked privately, for the NHS, with staff in a University setting and as a therapist for serving officers in West Midlands Police.

**Dave Mann** MSc, UKCP Registered Gestalt Psychotherapist Training and Supervising Member (GPTI & SPTI)

Dave is a senior Gestalt Psychotherapist, Supervisor and Trainer having worked as a Gestalt Therapist since 1990, initially combining my work with people with complex problems in the NHS with my private practice before working solely in private practice since the late 90's.

**For all course dates and more information or a booking form:**

Email: [info@gestaltbirmingham.co.uk](mailto:info@gestaltbirmingham.co.uk) | Phone: 0121 314 7075

