Removing the Cloak of Shame

A Professional Development Training Workshop

Shame is a crucial issue frequently overlooked in the therapeutic context because it has many hiding places and inevitably reverberates with experiences of shame in the therapist. Striking at the core of the self, shame has physiological, behavioural, emotional and cognitive impacts which involve one's entire being. Shame lies at the root of perfectionism, depression, eating disorders and addiction.

The special nature of shame means that it cannot be worked with as the other primary emotions. To work effectively with shame we need an understanding of its purpose and complexity. In this workshop participants will learn how to recognise shame and all its disguises, identify triggers and shame related reactions, distinguish healthy shame from toxic shame and understand how shame can bind with other emotions. Shame, like trauma, is an under-resourced state, so we must work first to identify and connect the client with all their resources.

Together we will create a counter-shaming environment in which shame can be worked with gradually, without getting stuck in a shame freeze. Participants will be introduced to working in different realms: Interpersonal, cognitive, somatic-emotional, imaginal and spiritual, all of which can be potent in the transformation of shame. An overview of the principles of working with shame in the therapeutic setting will be presented. Building shame resilience in both client and practitioner will be underscored as critical.

This is an experiential workshop in which psychodrama will be used to explore participants' responses and reactions to shame. One important principle in the work is for practitioners to be willing to face into experiences of shame in themselves and their clients, and to see these as valuable opportunities for growth.

This workshop is suitable for counsellors, psychotherapists, psychologists, social workers, coaches and helping professionals.

Marian Hammond *Dip OT, MHSc (Hons)* is a psychotherapist and psychodramatist in private practice in Ponsonby, Auckland where she works with individuals, couples, supervisees and groups. She draws upon many years of personal and clinical work with shame. Over the past 26 years, together with a team, she has led psychodrama groups for women impacted by sexual abuse and has found these immensely powerful in healing shame.

In 2016 she completed her master's thesis: *Therapists' experiences of shame: An heuristic study* at the Auckland University of Technology. Marian is currently completing certification as a practitioner with the Center for Healing Shame based in Berkeley, California. From personal and clinical experience Marian has learned that building shame resilience is critical to one's wellbeing. She believes our experiences embracing and transforming shame can create new depth and enrichment in our relationships with ourselves and others.

Workshop Details

Date: Friday, 4 and Saturday, 5 July 2025

Times: 9.30am – 5 pm

Venue: Hou Mana Wai Mercy Wellsprings
104 The Drive, Epsom, Auckland

Morning and afternoon teas will be provided.
Bring your own lunch or visit local cafés

Cost: $ 520 (Gst incl) Earlybird $490 by 4 June

Registration: Please register your interest in attending the workshop with Marian at marian.min2@gmail.com including your contact details.

A deposit of $100 will confirm your place on the workshop. Full payment is required by 27 June. Payment can be made to: M Hammond a/c # 12 3077 0302000 00 with your name and Shame Workshop as the reference.

Maximum Number of Participants: 14

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