



## Course: treating grief and shame in clinical practice

**Address:** <https://asadis.net/en/course/treating-grief-and-shame-in-clinical-practice/>

**Duration:** 2h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$80.00

### Overview:

Grief and shame are complex emotions that often intertwine and may be mistaken for anxiety or depression. On top of that, the clinical definition of grief is frequently updated, and its distinction from depression and other mental health conditions remains a topic of debate.

Such complications present challenges when trying to pinpoint and address the quiet, non-verbal expressions of grief and accompanying shame. Similar to trauma cases, understanding how the nervous system reacts to grief and underlying core shame can aid in guiding individuals through their loss.

In this hands-on workshop, Dr. Ashely will unravel how the application of therapeutic empathy techniques can foster the grieving process.

She will also outline methods for detecting the subtle indications of unexpressed grief and core shame. Additionally, she will delve into the creation of person-centered, right-brain, relational techniques designed to aid clients in fully processing their losses and liberating themselves from core shame.

### Learning objectives:

1. Define grief and shame and understand how unexpressed grief can induce shame
2. Develop an understanding of attachment and early childhood influences on shame
3. Recognize the role of the ANS in grief and shame
4. Practice right brain psychotherapy techniques

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Dr. Patti Ashley**

International workshop presenter, author, and psychotherapist, Dr. Patti Ashley, PhD, LPC, has integrated 40 years of experience in special education, child development, and psychology into her wholehearted work as a psychotherapist, author, and international speaker. Dr. Ashley owns and operates Authenticity Architects in Boulder, Colorado, bringing unique insights into the identification and treatment of shame, trauma, grief, and dysfunctional family patterns. She completed a PhD in psychology from the Union Institute and University, a MS in early childhood from Old Dominion University, and a BS in special education from James Madison University. She is the author of *Living in the Shadow of the Too-Good Mother Archetype* (2014), *Letters to Freedom* (2019), and *Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self* (2020). For more information, please visit [www.pattiashley.com](http://www.pattiashley.com)

**Syllabus**

PowerPoint

Understanding Grief and Shame: Foundations and Perspectives

Presentation

Grief and the DSM

Grief is Praise

A culture that dismisses grief

Why look at shame

Exploring Attachment and Emotional Responses

Early attachment wound

The shame story

The autonomic nervous system

The antidote of shame

Therapeutic empathy

All feelings are okay

Strategies and Healing Approaches

The stages of grief

Six ways to express anger

Deep S.E.A. dive

Journaling & letter writing

Prosody, poetry, music and sound

Meditation & mindfulness

Other ideas to activate the right brain

Tolerating grief and shame

Conclusion

Bibliography