



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, PhD, LPC, brings 40 years of clinical expertise in trauma, shame, and family systems to her work as a psychotherapist, author, and international presenter. As founder of Authenticity Architects in Boulder, Colorado, she has developed innovative approaches to treating core shame and trauma through the integration of neuroscience, attachment theory, and developmental psychology. Her research and clinical work focus on the intersection of shame, trauma, and family dynamics, leading to pioneering contributions in shame-informed therapy. Dr. Ashley holds a PhD in Psychology from the Union Institute and University, complemented by degrees in early childhood development and special education. A respected author in the field, her publications include "Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self" (2020), establishing foundational frameworks for addressing shame in clinical practice. Her integration of developmental perspectives with trauma treatment has influenced therapeutic approaches internationally.

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

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. From the moment the training begins, you will have 4 months to complete it.

Questions? Feel free to contact us at *contact@asadis.net*