



## 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:** \$40.00

### 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** is a renowned psychologist and trauma specialist with over 40 years of clinical experience treating complex trauma and narcissistic abuse. As founder of Authenticity Architects, she pioneered innovative approaches integrating neuroscience, attachment theory, and developmental psychology. Her groundbreaking work on shame-informed therapy has transformed treatment protocols for survivors of narcissistic abuse. Dr. Ashley holds a PhD in Psychology from the Union Institute and University, with additional specialization in developmental psychology and trauma treatment. A respected researcher and author, she wrote the influential text *"Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self"* (2020). Dr. Ashley regularly conducts advanced clinical trainings internationally, helping practitioners develop expertise in trauma-informed, attachment-based approaches to healing. Her integrative treatment model combines: Neurobiological trauma processing Attachment-based interventions Somatic regulation techniques Identity reconstruction protocols Shame-informed therapeutic strategies

**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

**Evaluation:**

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

**Accessibility support:** This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: [contact@asadis.net](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)