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 rarely present themselves by name. They often surface as anxiety, depression, or coping behaviors that mask the underlying affect.

Their boundaries are also contested. The diagnostic status of grief has shifted across DSM editions, and its distinction from depression remains debated.

Core shame adds another layer. It tends to live in silences, averted gaze and hesitant speech rather than words. It often deepens when grief has been dismissed or left unexpressed.

This training offers an integrative, relational framework for recognizing and treating grief and core shame together. Dr. Patti Ashley draws on attachment theory, interpersonal neurobiology (notably Allan Schore's work) and polyvagal theory as a clinical lens.

The content examines how early relational experiences and nonverbal communication shape shame and emotional development. Therapeutic empathy is positioned as the core of the grieving and healing process.

You will learn to detect the verbal, paralinguistic and nonverbal clues of hidden shame. You will also explore how autonomic states such as withdrawal and shutdown can appear in grief and shame.

The training helps you:

• Deepen your understanding of how grief and shame intertwine

• Strengthen your reading of autonomic and nonverbal cues
• Integrate therapeutic empathy and co-regulation into your work
• Implement expressive, experiential and relational interventions

You will discover tools such as letter writing, affect labeling, mindfulness, self-compassion and creative modalities. Reflective exercises invite you to notice your own embodied responses and shame triggers in session.

The evidence base is presented transparently. Therapeutic empathy, expressive writing, mindfulness and self-compassion have empirical support, while affect labelling is supported by laboratory research.

Clinically derived tools, such as the Deep S.E.A. Dive and the six ways to express anger, are offered as applications of these principles.

Polyvagal theory serves as a framework for understanding safety and connection, some of its physiological claims remain debated as well as the term "right-brain" which is used as shorthand for work engaging emotion, the body and the therapeutic relationship.

These skills help you recognize losses that clients have not yet named and meet them with attuned, regulating presence. The result is a more precise capacity to support grief processing and the gradual release of 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

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).

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