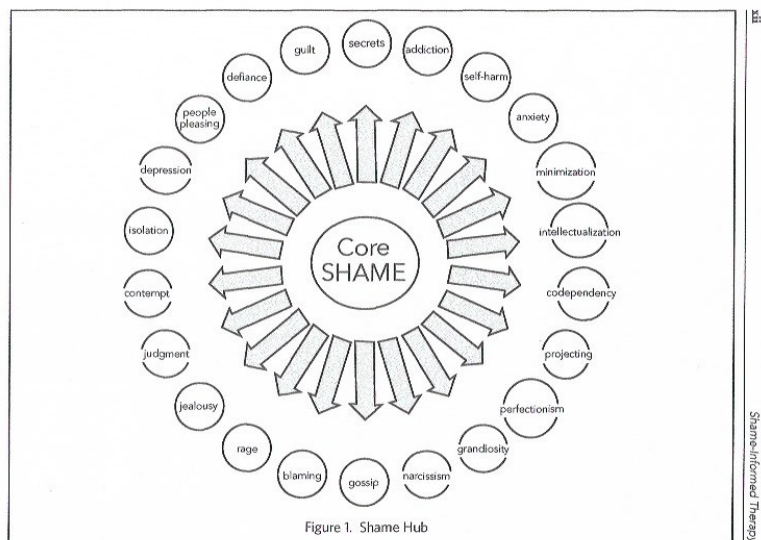


Treating Trauma In Clinical Practice Certification (Additional Slides 2/16/24)

Patti Ashley, PhD, LPC
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Hirose Institute

Shame Hub



The Architecture of Core Shame



Barriers to Relational Presence

Have you noticed any of the following barriers to relational presence recently?

In thinking about these barriers, be curious, courageous, and compassionate, and connect to yourself without judgment.

- Lacking self-awareness
- Unconsciously enacting the shaming parent
- Being inflexible
- Having an imbalance of power
- Projecting
- Having boundary issues
- Allowing insurance/diagnosis to dictate treatment

HOMEWORK

Stepping into the right-brain experience of our clients may present some challenges. These can include feeling vulnerable; feeling like a fraud; agitation; frustration; worrying about outcomes; sustaining connection when stressed; holding space for whatever comes up; making mistakes; etc. Here are some thought questions for you to explore.

Pick one or more of these you might want to explore more fully for homework.

1. Empathy to me feels like...
2. When my client is getting dysregulated I feel my body...
3. Some clues that my client has triggered my own shame is...
4. It is difficult for me to notice my own shame because...
5. What helps me self-regulate is...



HOMEWORK

Close your eyes and imagine you are having a conversation with empathy. What would empathy say?