

# Treating Trauma In Clinical Practice Certification (Additional Slides 2/9/24)

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## The Art & Architecture of Reconstructing The Authentic Self



Photo by [Daniel McCullough](#) on [Unsplash](#)

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Creating container (foundation)

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Building relationship (frame)

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Bridging heart & head (wiring)

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Witnessing & guiding (plumbing)

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Tools & techniques (lighting)

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Working with secrets (closets & cabinets)

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Creativity (décor & art)

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Barriers to relational presence  
(fences)

Creating Container  
(Foundation)

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Safety and trust

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Holding environment

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Establishing parameters

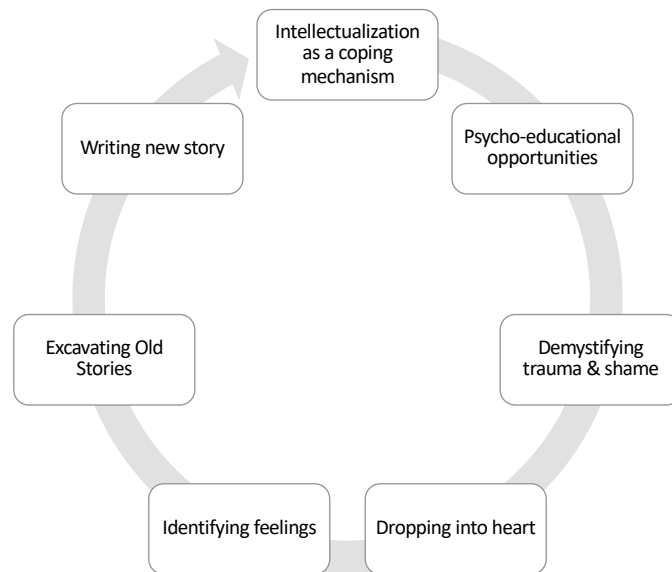
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Beginning to build new  
interpersonal bridge

Building  
Relationship  
(Frame)



## Bridging Heart & Head (Wiring)



## Witnessing & Guiding (Plumbing)

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Returning trauma and shame to  
their origin

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Re-writing the story

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Somatic embodying

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Mirroring & making new  
connections

## Tools & Techniques (Lighting)

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Journaling, Poetry & Letter-writing

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Mythology, Archetypes & Stories

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Creative arts, Mandalas & Coloring

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Dream-work & Visualization

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Meditation & Mindfulness

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Yoga, Movement, Ritual & Dance

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Sound & Music

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Genograms & Time-Lines

## Working with Secrets (Closets and Cabinets)

*"Any person who has kept a  
secret to her own detriment  
has been buried by shame."*

Estes' (1995) p. 406

- *Tolerance*
- *Non-judgmental witnessing*
- *Patience*
- *Compassion*

Creativity  
(Décor and Art)

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Goodness of fit

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Good therapy is like art

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Every client is unique

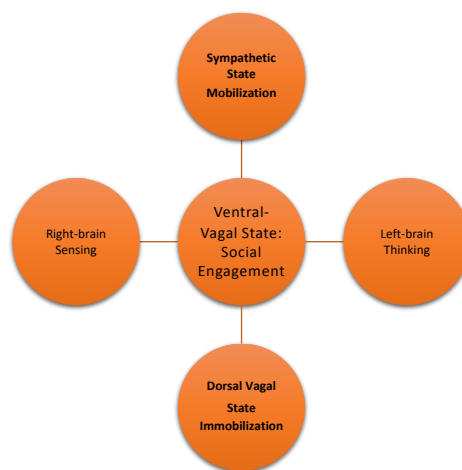
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Rigid models can be problematic

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Client-centered

## Non-verbal and non-linear awareness



## Honoring Protective Responses

- Psychoeducation helps normalize protective responses
- The therapist's presence acknowledges and normalize behaviors
- Co-regulation supports therapeutic connection
- Genuineness is a precondition to client safety
- Understanding of polyvagal theory enhances assessment of shame

Ryland, et al (2022)

## Poisonous Pedagogy

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Alice Miller, Swiss psychoanalyst researched  
Eighteenth Century child-rearing texts

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Shame-based systems

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Goal was to “break the will” of the child

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Needed to happen before child was old enough  
to remember

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Miller (1990)

## Some Not-Enough Messages

- You'll never amount to anything.
- You should be ashamed of yourself.
- Stop crying before I give you something to cry about.
- Get over yourself and be happy.
- Stop that attitude.
- You need to respect me.

## Naming Shame

- Different for each client
- Start with reflective listening & mirroring feelings: *you're angry, you're sad*, etc.
- Describe **shame**: *it sounds like you feel you are not enough, you describe what must feel like a failure, I wonder if you feel unworthy of love*, etc.
- Mention **shame** when feels non-shaming