Understanding and Treating the Three Faces of Chronic Shame

BACK BY POPULAR DEMAND
Presented By: Patricia DeYoung, Ph.D.
Saturday, November 10, 2018
9:00am—12:30pm
Registration: 8:30am - 9:00am with Continental Breakfast
Hilton Palm Beach Airport Hotel
150 Australian Ave., West Palm Beach, FL 33406
FOR MORE INFO: www.sefapp.org

SUMMARY
The problem of shame is ubiquitous in psychotherapy, as it is in life, but it is often misunderstood. Both those
who suffer from chronic shame and those who treat their suffering may understand the problem as rooted in
an individual’s low self-esteem or faulty patterns of thought or belief. In Understanding and Treating Chronic
Shame: A Relational/Neurobiological Approach, Dr. Pat De Young has argued that chronic shame is rooted,
instead, in early relational experience, and that therefore the essence of treating shame should also be
relational.

In a clinical distillation of her book, Dr. De Young will present a talk in two parts. In the first part, she will
trace how shame's power of self-disintegration interacts with patients’ self-protections to create quite
different presentations of chronic shame, three distinct "faces of shame" that appear in clinical practice -
dysregulated, deficit, and dissociative types. In the second part of her talk, working from a relational,
psychodynamic perspective, she will discuss ways that therapists can find and create moments of meeting
with chronically shamed patients, taking into account the quite different kinds of interpersonal fields these
types or "faces" of shame co-construct.

LEARNING OBJECTIVES
Participants will be able to:
1. Define chronic shame as a right-brain relational phenomenon.
2. Recognize three manifestations or "faces" of chronic shame as they appear in clinical practice
3. Describe types of reparative relational meetings appropriate for each "face" of chronic shame.

THE PRESENTER
Pat De Young, MA, MSW, PhD, is a psychotherapist and supervisor in private practice in Toronto and a
faculty member of the Toronto Institute for Relational Psychotherapy. She has been involved in training
therapists in psychodynamic, relational modes of therapy for thirty years. With graduate degrees in
literature, clinical social work, and philosophy of education, she is the author of Relational Psychotherapy:
A Primer (2003/2015) and Understanding and Treating Chronic Shame: A Relational/Neurobiological

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