



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 Approach* (2015).

PRE-REGISTRATION IS BOTH ENCOURAGED AND APPRECIATED

NOTE: All checks and online payments must be received by 11/04/17 for "Early Bird Rates."

CONTINUING EDUCATION

This program, when attended in its entirety, is offered for 3 CE credits.

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Membership Category	Early Bird Rate BEFORE 11/4/18	Day of Event
Member	\$65	\$80
Non-Member	\$95	\$110
Student Member	FREE	\$15
Student Non-Member (Student ID required)	\$15	\$30