

Working with Shame in Psychotherapy and in Psychological Assessment

with presenter **Stephen E. Finn, Ph.D.**



Shame is recognized as one of the most important and frequent client experiences in psychotherapy and psychological assessment, yet few mental health professionals receive direct training in how to help their clients with shame.

In this 2-day intensive workshop, Dr. Finn will review contemporary research about shame, outline a theory based in interpersonal neurobiology, and discuss implications for applied clinical work. He will show videotapes working with clients around shame, and will teach a number of specific, effective interventions that can help clients heal shame. At various points during the workshop, participants will work in small groups doing role plays of these shame interventions, but at no point will participants' personal issues be directly exposed. Finally, Dr. Finn will discuss shame in clinicians, and how it both limits our effectiveness and gives us empathy for our clients.



Therapeutic
Assessment
Institute



Society for Personality Assessment
since 1938

May 10 & 11, 2019

16th floor conference room, 2550 Denali Street Anchorage, Alaska 99508

At the end of the workshop, participants will be able to:

- Describe contemporary psycho-biological theories of shame & recent research about shame
- List and recognize signs of shame in themselves and in their clients
- Utilize three specific interventions that can help clients heal from shame
- List the most common coping mechanisms against shame
- Identify and be aware of their personal shame

To register, go to
[https://memberleap.com/members/
calendar6c_responsive.php?org_id=TAI](https://memberleap.com/members/calendar6c_responsive.php?org_id=TAI)
Questions? call 512-329-5090, ext 2

Schedule

Friday, May 10, 2019

8:15-9:00	Registration
9:00-9:30	Shame self-assessment
9:30-10:30	Lecture: Contemporary theories and research on shame
10:30-10:45	Break and coffee
10:45-11:30	Theories of shame (continued)
11:30-12:30	Specific interventions around shame I (video examples)
12:30-1:30	Lunch – Presentation by Julie Cradock O’Leary on the Thurston-Cradock Test of Shame (TCTS)
1:30-2:30	Role plays in pairs & demonstration
2:30-2:45	Large group discussion
2:45-3:00	Break
3:00-4:00	Specific Interventions around shame II (video examples)
4:00-5:00	Large group shame healing exercise
5:00-5:30	Discussion

Saturday, May 11, 2019

9:00-9:15	Large group discussion
9:15-9:45	Role plays in pairs (intervention II)
9:45-10:15	Role play demonstration
10:15-10:30	Large group discussion
10:30-10:45	Break
11:00-11:30	Specific interventions around shame III (video examples)
11:30-12:15	Role plays in pairs & demonstration
12:15-12:30	Large group discussion
12:30-1:30	Lunch (on your own)
1:00-1:30	Recognizing coping mechanisms against shame (lecture)
1:30-2:15	Large group exercise: The Compass of Shame
2:15-2:30	Large group discussion
2:30-3:00	Working with coping mechanisms against shame (lecture)
3:00-3:15	Break
3:15-4:00	An aggressive client (video example)
4:00-4:30	A self-defeating client (video example)
4:30-5:00	Large group discussion
5:00-5:30	Closing case: Shame in a family

Stephen E. Finn

Stephen E. Finn, Ph.D., founder of the Center for Therapeutic Assessment, is a licensed clinical psychologist in practice in Austin, TX, a Clinical Associate Professor of Psychology at the University of Texas at Austin, Senior Researcher and Director of Training at the European Center for Therapeutic Assessment at Catholic University of Milan, Italy, & Director of Training at the Asian-Pacific Center for Therapeutic Assessment in Tokyo, Japan. He has published 60+ articles and chapters on psychological assessment, psychotherapy, and other topics in clinical psychology, and is the author of multiple books, including *In Our Clients’ Shoes: Theory and Techniques of Therapeutic Assessment*. In 2011 Dr. Finn was awarded the Bruno Klopfer Award from the Society of Personality Assessment for distinguished lifetime contributions to the field of personality assessment. In September 2016, the American Psychological Association published a DVD with Dr. Finn working with a client as part of the APA Psychotherapy Video Series. In 2017 he received an award from Section IX (Assessment) of the Society for Clinical Psychology (Division 12 of APA) for Distinguished Scientific Contributions to Assessment Psychology. In 2018, Dr. Finn was given the Carl Rogers Award for Distinguished Contributions to the Theory and Practice of Humanistic Psychology from the Society for Humanistic Psychology (Division 32 of APA).

Early registration (before 2/28)	\$500*
Regular registration	\$550
15 hours of APA-approved continuing education	\$ 15
Boxed lunch on Friday	\$ 12
*10% off for Therapeutic Assessment Institute members	
The fee includes detailed handouts, bibliography, & time-limited access to a free online shame library that participants can read or download for their own use.	
This workshop qualifies for 15 hours of Type I CE credits for	

psychologists. The Society for Personality Assessment is approved by the American Psychological Association to sponsor continuing education for psychologists. SPA maintains responsibility for the program and its content.