CHRONIC SHAME, INSECURE ATTACHMENT
& EMBODIED RELATIONAL PRACTICE

with Lisa Mortimore, PhD

Chronic shame is at the heart of insecure attachment which disrupts healthy development of the emerging infant self and forges a neurophysiological template that endures throughout the lifespan and across generations. Insecure attachment has corresponding affect management and relational strategies accompanied by dysregulation of the Autonomic Nervous System that impact one’s self-perception, world, and identity. This distorted internal working model layers chronic shame with shaming experiences throughout the lifespan and can be a forceful inhibitor to the therapeutic process, with far reaching implications in clinical practice. Because chronic shame begins in late infancy there are no overt memories of shame or early narratives of these childhood shame events – making it preverbal and often unconscious. As clinicians, we are left with the question of: How do we regulate this unconscious affect?

This workshop introduces clinicians to working with chronic shame and affect regulation within the context of embodied relational practice. Conceptual frameworks include: attachment theory, the polyvagal theory, the window of arousal, affect regulation theory, an introduction to somatic work and working on the right hemisphere, and the implications of trauma from a somatic perspective. We will also delve into current understandings about shame/chronic shame, the physiological and psychological interplay of shame, as well as shame conceptually and as seen in clinical practice. This work calls for therapists to aid in the maturation and development of the right brain and shifting of the affect management strategies and attachment patterns rather than merely working with symptom reduction.

This workshop is presented through didactic lecture, demonstration, conversation, reflection, and experiential practice.

DETAILS
Parkside Hotel 810 Humboldt St., Victoria, BC
Friday, October 21st, 6-9pm | Saturday, October 22nd & Sunday, October 23rd, 9-5pm
375.00 before October 1st; 450.00 thereafter (includes gst)

More Info: www.lisamortimore.com
Registration: trainings@lisamortimore.com
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Lisa Mortimore, PhD

I am a Registered Clinical Counsellor and educator with a psychotherapy practice in Victoria, BC. My teaching and clinical practice focuses on the embodiment and transformation of self through relationally focussed somatic attachment therapy, affect regulation, and by deepening connections to nature and embodied wisdoms. My doctoral research looked at the links between embodiment, ways of knowing, and eco-activism and continues to inform my clinical and teaching practice. As an educator, I have a strong orientation toward therapist embodiment and evolution; I am well versed in the art of linking academic research and theory to direct clinical practice; I have a community-building, holistic orientation; and I hold authenticity, humour and integrity paramount in relationship. I have been privileged to be mentored by Dr. Sharon Stanley and train with Dr. Peter Levine, Dr. Allan Schore, Dr. Mary Main, and Dr. Erik Hesse. I have taught somatic attachment trauma work to practitioners in various communities in BC, Alberta, Labrador, and the NWT and am currently teaching a 2 year somatic attachment programme in Victoria, BC.

THE WORKSHOP WILL:

- Present current clinical understandings of shame and chronic shame
- Explore the treatment of shame/chronic shame from an embodied, body-centred, relational, trauma-informed perspective
- Look at attachment theory
- Introduce attachment patterning with regards to shame
- Explore how to work with and regulate unconscious affect
- Explore how shame/chronic shame presents in practice and how to work with it
- Introduce shame as an internal working model of self
- Discuss therapist disclosure with regards to shame and relational practice
- Explore dissociation and shame conceptually and in practice
- Explore how the body, brain and autonomic nervous system (ANS) interconnect with trauma and shame
- Introduce somatic work and right hemispheric processing
- Learn about the window of arousal and how to work within it
- Learn about the polyvagal theory and apply it to practice
- Link attachment patterning, the ANS, the window of arousal and clinical practice
- Explore practices for greater therapist embodiment, attunement and relational practice

This workshop is for Master’s level therapists. Graduate students or equivalent education/experience accepted by permission of instructor.
Some partial scholarships available.