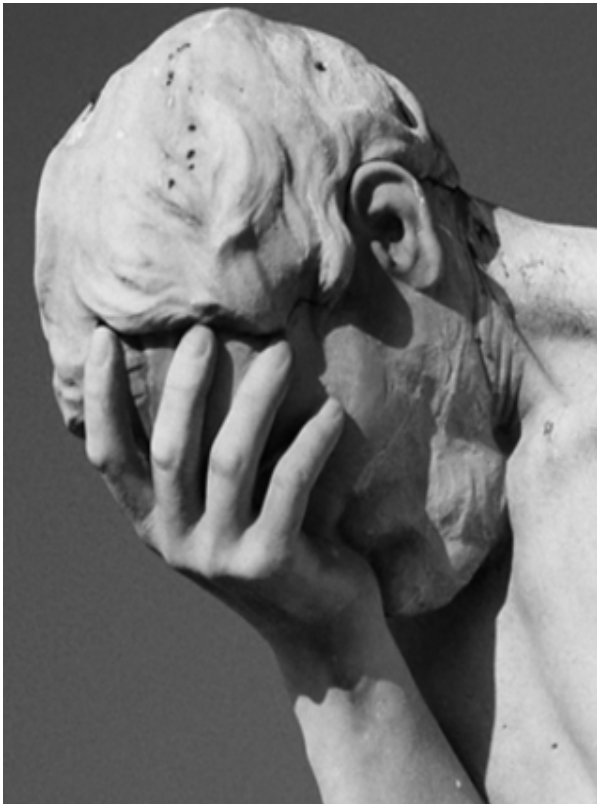


# Working with Shame in Psychotherapy and in Psychological Assessment

A WORKSHOP FOR ALL MENTAL HEALTH PROFESSIONALS AND STUDENTS  
SPONSORED BY THE CENTER FOR THERAPEUTIC ASSESSMENT, THE  
THERAPEUTIC ASSESSMENT INSTITUTE, AND THE SOCIETY FOR  
PERSONALITY ASSESSMENT



*It is now recognized that shame is one of the most important and frequent client experiences in psychotherapy and psychological assessment, yet few mental health professionals and psychotherapists 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--of himself and other clinicians from the Therapeutic Assessment Institute--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*

**Friday- Saturday, September 20-21, 2019 in Austin, Texas**

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

- *Describe contemporary psychobiological theories of shame and 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*
- *Describe a therapeutic strategy for working with clients who defend against shame*
- *Identify and be aware of their personal shame*

*As an added bonus, participants will also have time-limited access to an online library of articles and chapters about shame that they are free to read or download for their own use.*

## Presenter: Stephen 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, and 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* (Erlbaum, 2007). 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).

## Schedule

### Friday, September 20, 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 1 (video example)
12:30-1:30	Lunch (on your own)
1:30-2:00	Role plays in pairs (Intervention I)
2:00-2:30	Role play 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
5:30	Adjourn

### Saturday, September 21, 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)
11:30-12:00	Role plays in pairs
12:00-12:15	Role play 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	A closing case example: Shame in a family
5:30	End

## Continuing Education Credit

This workshop qualifies for 14 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.

## Price

The workshop price is \$350 for professionals and \$150 for post-docs and graduate students enrolled in an accredited training program for mental health practitioners. Members of the Therapeutic Assessment Institute receive a 10% discount. The workshop fee includes detailed handouts, a complete bibliography, and coffee/snacks. For those participants wanting APA-approved CE credits, there is an additional fee of \$15. To register, go to: [https://www.memberleap.com/members/evr/reg\\_event.php?orgcode=TAI&evid=16325599](https://www.memberleap.com/members/evr/reg_event.php?orgcode=TAI&evid=16325599), complete the online registration form, and make your payment.

Sponsored by:

**Therapeutic Assessment Institute & Center for Therapeutic Assessment**

## Location and Housing

### Location:

Norris Conference Center,  
2525 W. Anderson Lane, #365, Austin, TX 78757

### Suggested Hotels (Offering Discounts and Shuttle Service):

<p><b>Double Tree by Hilton – Austin Northwest Arboretum</b> 8901 Business Park Drive (512) 343-0888 <a href="http://doubletree3.hilton.com/en/hotels/texas/doubletree-by-hilton-hotel-austin-northwest-arboretum-AUSBPDT/index.html">http://doubletree3.hilton.com/en/hotels/texas/doubletree-by-hilton-hotel-austin-northwest-arboretum-AUSBPDT/index.html</a> Shuttle Service Available Distance from Norris: 2.7 miles Use Corporate code #0002663518 for</p>	<p><b>Hyatt Place Austin North-Central</b> 7522 North IH-35 (512) 323-2121 <a href="https://austinnorthcentral.place.hyatt.com/en/hotel/home.html">https://austinnorthcentral.place.hyatt.com/en/hotel/home.html</a> Shuttle Service Available Distance from Norris: 3 miles Use Corporate code NRCN for 10% discount</p>
<p><b>TownePlace Suites</b> 10024 N Capital of Texas Hwy (512) 231-9360 <a href="https://www.marriott.com/hotels/travel/austw-towneplace-suites-austin-northwest-arboretum/">https://www.marriott.com/hotels/travel/austw-towneplace-suites-austin-northwest-arboretum/</a> Shuttle Service Available Distance from Norris: 3 miles Use Corporate code NR5 for 10% discount</p>	<p><b>Fairfield Inn &amp; Suites</b> 11201 North Mopac Expressway (512) 527-0734 <a href="https://www.marriott.com/hotels/travel/auspb-fairfield-inn-and-suites-austin-northwest-the-domain-area/">https://www.marriott.com/hotels/travel/auspb-fairfield-inn-and-suites-austin-northwest-the-domain-area/</a> Shuttle Service Available Distance from Norris: 3 miles Use Corporate code NR5 for 15% discount</p>