

## The Soul Eating Emotion Shame: manifestations, meanings and clinical challenges: Video Course

Dr Jan McGregor Hepburn

Video Course  
CPD/CE credits: 3

Price: £65



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*“Shame corrodes the very part of us that believes we are capable of change” – Brene Brown, I Thought It Was Just Me: Women Reclaiming Power and Courage in a Culture of Shame*

In spite of its primitive and visceral associations, the feeling of shame, or being ashamed, requires at least a nascent apprehension of another. Although this can be and often is internalised, there has to be an idea of someone by whom the person knows themselves to be seen and in whose eyes they feel shamed – potentially resulting in a number of clinical challenges. In addition, **shame needs clear distinction from guilt, from pathological shame and from its complex interconnections with humiliation and narcissism**. Also, as therapists, we may be faced with pathological manifestations of not just shame but those of shamelessness – calling into focus, our ability to delineate and work with both these states of mind.

At this intellectually stimulating and therapeutically oriented seminar, Dr Jan McGregor Hepburn draws on her new book *Guilt and Shame: A Clinician’s Guide* – to help us delve deep into **the complications that shame presents in our clinical settings** and uses case-vignettes to specifically discuss:

- How do we work with clients who seem weighed down and debilitated by feelings of shame – some of which may appear irrational and yet be pervasive and intractable
- The origins and meanings of both shame and shamelessness – with consideration of pathological manifestations of both
- **As the therapeutic relationship develops and the therapist is increasingly ‘other’, the shame can be intensified** – the client feels shamed in the eyes of the therapist – how do we work with this?
- The pathological narcissist cannot tolerate humiliation, but this is not the same, developmentally, as shame. How do we view and comprehend the interlinkages between narcissism, humiliation and shame?
- The meanings and origins of shame and the differences between remorse and guilt



- What do we mean when we say that **shame may get transmitted between family members / significant others and intergenerationally**

Overall, the aim of the webinar is to gain a deeper understanding of *the underlying nature of shame* with a view to guiding our therapeutic endeavours.

#### About the speaker

**Dr Jan McGregor Hepburn** has a background in Social Work Management and Psychoanalytic Psychotherapy and is a trainer for the North of England Association for Training in Psychoanalytic Psychotherapy. She has been the Registrar of the British Psychoanalytic Council since 2005 and chairs the Professional Standards Committee. She is the author of several papers, most notably those published in the British Journal of Psychotherapy and European Psychotherapy Journal. She has presented papers at conferences and devised and facilitated both seminars and workshops on a variety of subjects to both management dynamics and clinical topics. She is part of the ScopEd project which is the collaboration between BACP, UKCP and BPC to map the core competencies for clinical work. She is on the Reading Panel of the British Journal of Psychotherapy and has a doctorate from the University of Northumbria. Her latest book: *Guilt and Shame, A Clinician's Guide* is out now with *nscience publishing house*.

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