

"I highly recommend this workshop to EVERY therapist. Bret and Sheila are brilliant together—well-grounded in research, hugely compassionate and safe, and AMAZING..."

*—Belle Hazlehurst, RN, MFT,
San Diego*

"All therapists should attend your workshop. Truly—it was invaluable. Incredibly rich and unforgettable. It has already changed my practice."

—Sara Wicks, LCSW, NYC

Bret Lyon and Sheila Rubin have co-led workshops on Healing Shame for over eight years in many cities in the U.S. and Canada, including Berkeley, New York, Montreal, Ottawa and Victoria, BC. Both have trained in EFT with Sue Johnson and in AEDP with Diana Fosha.



Bret Lyon, PhD, SEP, BCC has been an educator/coach for over 30 years, specializing in somatic and emotional mindfulness. He holds doctorates in both Psychology and Drama. He is certified in Focusing and Somatic Experiencing® and has trained extensively in Reichian Breathwork. Bret is a Board Certified Coach.

Sheila Rubin, MA, LMFT, RDT/BCT is a Marriage and Family Therapist, Registered Drama Therapist and Board Certified Trainer who integrates somatic, expressive and attachment modalities to work with couples, adults and children who have shame and trauma. She is an alumnus of the CIIS Drama Therapy Program and teaches at JFK University's Somatic Psychology Program.

**Free webinars and free articles
at www.HealingShame.com**

Healing Shame

**A workshop for therapists
and other helping professionals**

Bret Lyon, PhD, SEP, BCC and Sheila Rubin, LMFT, RDT/BCT

**Saturday, October 7, 10:00am - 6:00pm
& Sunday, October 8, 10:30am - 5:30pm**

In Berkeley, just off I-80

\$350 (\$325 with full payment by August 25)

Special rate for interns. Can lead to certification as a Healing Shame Practitioner. For details about our complete training program in Healing Shame, visit our website. Register and pay for the full program for greatly discounted workshop registration.

**13 CEUs for MFTs & LCSWs
(CAMFT Approved CE Provider #134393*)**

Shame is perhaps the most painful of all emotions. It is at the root of both "the inner critic" and perfectionism. It binds with other emotions, such as anger and fear, so that is often hard to detect. Also, revealing shame can be in itself shameful. For many clients who don't get better in therapy, shame — unacknowledged and not worked through — is the primary factor.

In this workshop, we will learn how to help our clients recognize shame, work through it and move on. We will become more sensitive to the shaming often implicit in the therapy situation and learn how to counter shame in therapy. We will be able to help clients separate feelings of shame from other emotions. And we'll learn how to take clients back to early shaming situations and reverse the outcome — helping clients move their energy powerfully outward rather than turn it against themselves.

To register for the workshop

Please send full payment or a \$100 deposit
(including email and phone number) to:

Bret Lyon
830 Bancroft Way, Suite 102
Berkeley, CA 94710

For more information, email Bret at bret@healingshame.com,
call 510-420-1441, or visit www.HealingShame.com

Space is limited. We accept PayPal.

*Healing Shame Workshops is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for therapists. Healing Shame Workshops maintains responsibility for this program/course and its content. CANCELLATION POLICY: No refunds. The amount paid can be applied toward a future workshop within 12 months. Registrations are not transferable. Healing Shame Workshops welcomes people who have disabilities. Please contact us to discuss your specific needs. Location is wheelchair accessible