

Through the Looking Glass: Using Imaginal Resources to Heal Shame

A workshop for therapists and other helping professionals

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

"The workshop you presented was absolutely amazing. Since that time, my colleagues and I have all been using this marvelous new set of tools that you have given us. I find myself filled with a new sense of joy and optimism each day. The welcome, the compassion you model has become a new resource for me."

Claude Lautman, Psychologist, Montreal



Bret Lyon and Sheila Rubin lead Healing Shame Workshops for Therapists in many cities in the U.S. and Canada, including New York, Portland, OR, Toronto, Ottawa, Victoria, B.C., and Montreal. They are based in Berkeley, California, where they offer workshops several times a year, as well as a full training program in Healing Shame for therapists and helping professionals. Both have trained in EFT with Sue Johnson and AEDP with Diana Fosha.

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 Lyon at bret@healingshame.com, call 510-420-1441, or visit www.HealingShame.com.

Space is limited. We accept PayPal.

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

Saturday, November 4, 10:00am - 6:00pm &
Sunday, November 5, 10:30am - 5:30pm

In Berkeley, just off I-80

\$350 (\$325 with full payment by September 22)

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*)**

We are all born with powerful, imaginal resources. We can easily imagine people, places and things that have never existed in our everyday reality. Children learn to cope with life largely through play and fantasy. As we get older, we may use this ability less and less, but it still stays with us. Our imagination not only makes life more interesting, it helps us survive.

When clients get stuck in shame, the most powerful way to help them get unstuck may be to activate their imagination. In the Imaginal Realm, logic and time are fluid and flexible. What actually happened can be explored and changed. What was stuck in the cognitive realm can be reexamined and shifted. Shaming situations from the past can be revisited and resolved.

In this workshop, we will utilize techniques from Drama Therapy, Focusing, Expressive Arts Therapy, Jungian creative imagination and Hakomi. We will explore the critical voices and/or the childhood scenes that are still driving the internal shame dynamic in the client.

You will learn to help clients:

- Externalize shame so that it can be worked with directly
- Work with roles, parts and shame-based introjects
- Access strength, resilience, inner resources and role repertoire
- Find a deeper understanding by working with objects you already have in your office
- Utilize imaginal techniques to give the shame back, so that it stays in the Imaginal Realm

Once the shame is worked through in the Imaginal Realm, the client can interact with the world differently.

*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.