

# Healing Shame in Couples

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

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

**Sheila Rubin and Bret Lyon** 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.



**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.

**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.

## 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](mailto:bret@healingshame.com), call 510-420-1441, or visit [www.HealingShame.com](http://www.HealingShame.com).

*Space is limited. We accept PayPal.*

Saturday, April 21, 10:00am - 6:00pm

& Sunday, April 22, 10:30am - 5:30pm

In Berkeley, just off I-80

\$325 (\$295 with full payment by March 9)

*Special rate for interns. Partners welcome!  
Can lead to certification as a Healing Shame Practitioner.*

**13 CEUs for MFTs, LCSWs, LPCCs & LEPs**

(The Center for Healing Shame is a CAMFT Approved CE Provider #134393\*)

The more we care about each other, the more vulnerable we are to shame. Intentionally or unintentionally, we poke each other in the tender spots. Couples can shame each other multiple times a day, often without realizing what is happening. This can become a highly reactive cycle, preventing both people from getting their basic safety and attachment needs met. And shame can distort how we hear each other; the received message may have little to do with the message the partner is attempting to send.

In this workshop we will explore the blame/shame game couples can fall into and learn how to help them stop shaming each other and work together to create a secure base and heal the wounds of the past.

We will:

- Look at some of the many subtle ways shame can be triggered.
- Explore shaming moments with great care so we can teach our clients how to avoid shame-based reactivity.
- Learn the gentle art of counter-shaming and how to help a partner with his or her feelings of inadequacy.
- Help a person give back shame to the original source with their partner's full support.

If we can free the energy that has been stuck in blame and shame, couples can increase their vitality, joy and intimacy.

\*Healing Shame Workshops is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for therapists and other helping professionals. 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.

***Free webinars and articles at [www.HealingShame.com](http://www.HealingShame.com)***