

"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 co-lead workshops on Healing Shame in many cities in the US and Canada, including New York, Toronto, Phoenix and Minneapolis. Both have trained in EFT with Sue Johnson and AEDP with Diana Fosha.



Bret Lyon, PhD, SEP, BCC has been a consultant/teacher of Somatic and Emotional Mindfulness for over 25 years and 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 and Registered Drama Therapist who integrates somatic, expressive and attachment modalities to work with couples, adults and children who have shame and trauma. She has also trained also in Hakomi. Sheila is an alumna of CIIS Drama Therapy Program and is an adjunct faculty at CIIS and JFK.

Free webinars 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, January 27, 10:00am - 6:00pm
& Sunday, January 28, 10:30am - 5:30pm

In Berkeley, just off I-80

\$350 (\$325 with full payment by December 15)
Special rate for interns

13 CEUs for MFTs, LCSWs, LPCCs & LEPs

(The Center for Healing Shame is a 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 it 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.

The Center for Healing Shame does not offer refunds for course registration payments. However, if a student cancels before one week prior to the course start date, that student can apply the amount paid toward a future workshop, if that workshop is taken within 12 months. Registrations are not transferable.

The Center for Healing Shame welcomes persons with disabilities who need accommodations in order to take our trainings to contact us to discuss their specific needs. We will make every effort to make it possible for persons with disabilities to participate fully. We are always open to discussing any problems or issues you may have with our courses. Depending on the circumstances, you may want to email or phone Sheila Rubin or Bret Lyon. Contact information is available on our website and will be supplied on registration. We commit to working with you to find a way to meet your needs.