

Melting the Shame Freeze

Using Somatic Techniques to Create Safety and Build Attunement



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 alumna of the CIIS Drama Therapy Program and teaches at JFK University's Somatic Psychology Program. Sheila is trained in Hakomi and EFT and helps couples cope with infidelity, deepen intimacy and pleasure and deepen the attachment bond.

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.
Early registration ends January 12.

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

Saturday, February 24, 10:00am - 6:00pm &
Sunday, February 25, 10:30am - 5:30pm

In Berkeley, just off I-80

\$350 (\$325 with full payment by January 12)
Special rate for interns
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*)

Shame is an embodied belief that "Something is wrong with me." Because shame exists in the body as well as in the mind, it is helpful for therapists to work with shame somatically. Clients stuck in shame have trouble seeing anyone but themselves. It can be hard for them to receive support from another person while they are caught in the grip of shame.

In this workshop, we will explore how to utilize somatic techniques to connect more quickly with the client and forge a strong therapeutic alliance. We will:

- Focus on using breathing and grounding to resource the client, becoming more aware of our own breathing and expanding it in the process.
- Learn ways to help clients repair the disconnect between self and others—and between parts of the self—that have been created by shaming, inappropriate behavior or abuse.
- Explore how to keep our clients more present in the room with us and counter over-verbalization, dissociation and freezing.
- Learn techniques and theory from Wilhelm Reich (the father of Somatics), Peter Levine (Somatic Experiencing®), Ron Kurtz (Hakomi) and Eugene Gendlin (Focusing).

*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**