

Sex & Shame

A workshop for therapists and other helping professionals

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



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.

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.

We accept PayPal. Space is limited.

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

In Berkeley, just off I-80

\$350 (\$325 with full payment by February 9)

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*)

Sexuality is a vital, defining part of our identity. We are at our most vulnerable when we experience sexual feelings—and therefore we're the most prone to feeling shame. In this workshop, we will offer tools you can use to help clients talk about, explore and heal the sexual shame that can arise at any stage in the life cycle—and help them towards a life-affirming sexuality.

You will:

- Discover ways to help clients become aware of the many, often conflicting messages they received about body image and sexuality from family and society.
- Learn ways to help clients repair the disconnect between self and others—and between parts of the self—that has been created by shaming, inappropriate behavior or abuse.
- Understand counter-shaming techniques and develop tools for couples to understand their shame triggers and communicate about taboo sexual topics.
- Work with the shame that can cause and result from affairs.
- Identify challenges in being a sexual minority in society and the layers of shame that can occur.
- Unfreeze shame and open life force in a grounded and embodied way, helping clients to access and safely explore their sexual energy.

*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 free articles at
www.HealingShame.com