

Professor Paul Gilbert presents:

Working with the dynamics of shame - 5 top insights

in this short webinar we will be exploring the different patterns of shame and possible interventions. it will cover:-

1. distinctions between internal and external shame
2. distinguishing shame from guilt
3. the submissive versus the aggressive response to shame
4. the concept of shame is trauma memory
5. the importance of creating a secure base and safe haven for working with shame

Paul Gilbert is Professor of Clinical Psychology at the University of Derby and Head of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust. He is a Fellow of the British Psychological Society and has written, taught and researched extensively in the areas of mood disorders and shame. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He has published over 150 academic papers and 20 books. he is a series editor for the "Compassion Mind Approaches to various psychological difficulties. He set up the charity The Compassion Mind foundation in 2006 (www.compassionatemind.co.uk) and was award an OBE in March 2011.

The workshop is suitable for all those who are engaged in therapeutic interactions with clients.

It will contribute 1.5 hours Continuing Professional Development

19th January 2021
1030 - 1200

£30 plus vat

Rapid fire interactive webinar

On Zoom

(recording available for 30 days)

For more information or to reserve a place visit :-
www.stantonltd.co.uk or www.grayrock.co.uk