

Free  
association  
about the  
word  
shame...



- Shame is soul eating emotion.  
-Carl Jung

- Shame and self-hate  
are the greatest  
anti- therapeutic agents  
in existence. Its destructive  
potential is almost limitless.

-Theodore Rubin

Compassion and Self-Hate

# Shame & Individuals Who Have Sexually Abused

*Therapeutic Learning Connections*

*Connie Palmer, LCSW*

*cqpalmer@yahoo.com*



# Objectives

1. Describe the impact of shame on development
2. Recognize the connection between shame and sexual abusive actions
3. Explain cultural and gender differences in regard to shame
4. Discuss the interrelationship between shame, power and vulnerability
5. Utilize interventions that support the client's development of guilt and empathy



# TERMS AND DEFINITIONS

- Shame (n) is the experience that some part of you (or all of you) is defective/bad and therefore unworthy of love and belonging.
- Shame (v) is the act of causing someone to feel ashamed, less than, unworthy of love/ belonging.

# Pride/Shame

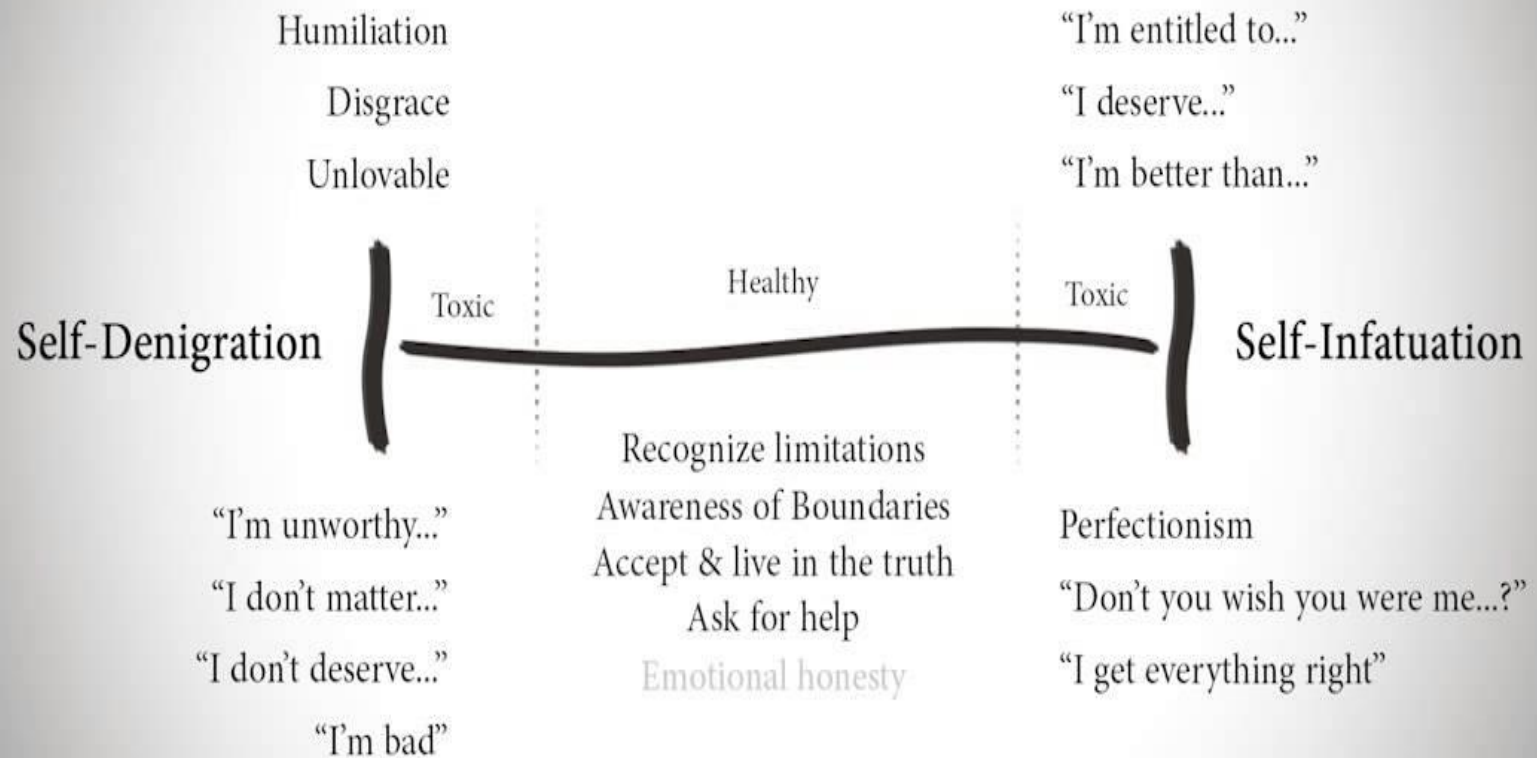
**Pride is not the opposite of shame but its source. True humility is the antidote to shame.**

**-Brene Brown**





## SHAME CONTINUUM



Aggressive  
Power Hungry



Assertive  
Kind+Strong



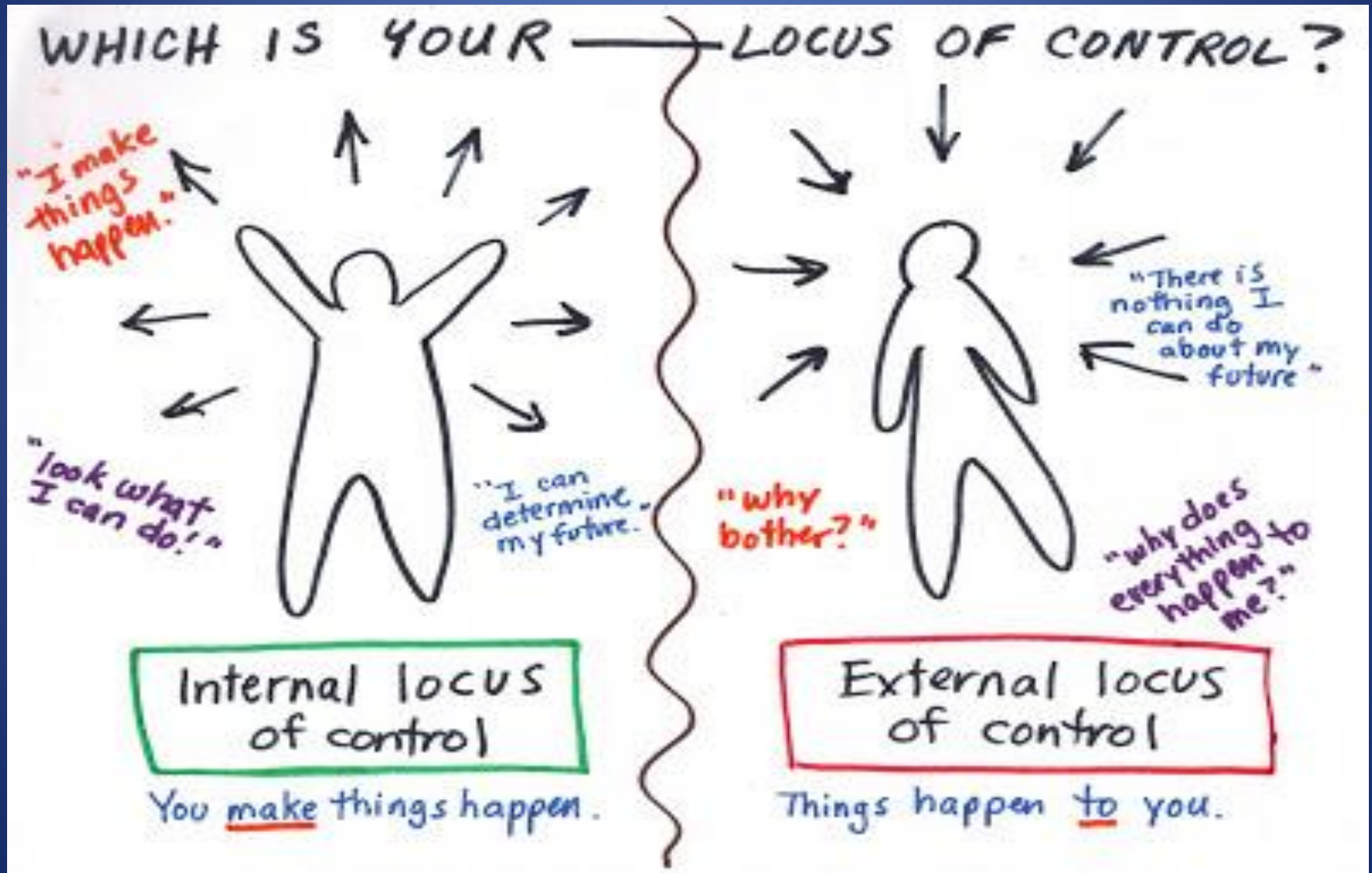
Passive  
Squishy



In our society we use power as an antidote for shame. One is ashamed of weakness and losing control, of not being in charge of one's being, of failing. And the fantasy of power is really the remedy against that sense of helplessness. Robert Karen



# Shame and Locus of Control



# Shame...

1. reactive and unconscious
2. blocks empathy and self-awareness
3. contagious
4. emotionally painful
5. limits emotional experience/expression
6. black or white/good or bad/all or nothing
7. individual, relational, systemic and universal
8. experienced physically
9. protective defense
10. blocks growth, development, healing
11. directed internally or externally or both

If we are to  
understand and  
eventually heal what  
ails the self, then  
we must begin  
with shame.

-Gershen Kaufman



# What we show to others





# What's behind the mask?





# Johari's Window

## Open Self

Information about yourself that you and others know.

## Blind Self

Information you don't know but others know about you.

## Hidden Self

Information you know about yourself but others don't.

## Unknown Self

Information about yourself that neither you or others know.

# Shame

1. judgment
2. secrecy and silence
3. absence of love





BEAT DOWN

CASTIGATE

DISDAIN

DEFORMED

SHAME

SELFISH

HOPELESS

CARELESS

WEAK

CLUELESS

LOST-RETARDED

BAD

NO-GOOD

UNLOVABLE

WORTHLESS

UGLY

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# What does being shamed sound like?

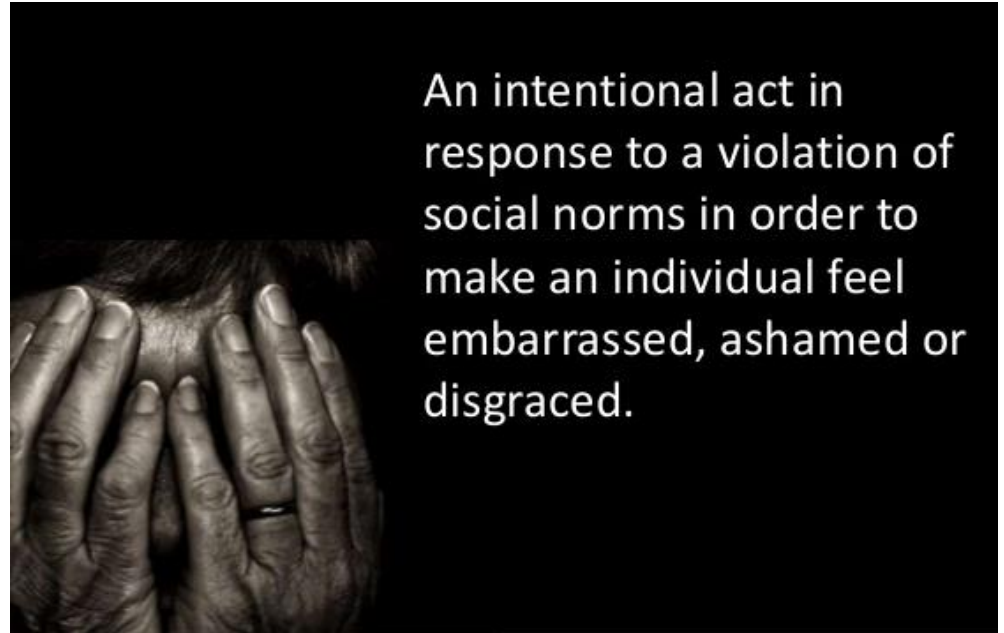
- Disdain, sarcasm, contempt
- “You always...You never...”
- “You are lazy, stupid, fat, selfish...”
- “You should.... All you need to do is...”
- “Be strong. Pull yourself together.”
- “You don’t know what you’re doing.”
- Sarcasm. “Duh.... Really???” “You made the same mistake again?” “Why did you do that?”
- Unsolicited advice, harsh criticism

# What does someone who experiences shame say and do?

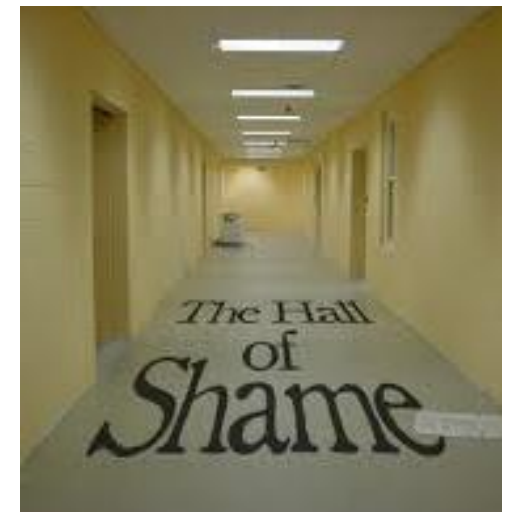
- *Negative self talk: “I always mess up.. I’m so stupid... I’m a loser”*
- *Frequent apologizing*
- *Shaming or blaming others “It’s not my fault”*
- *Rage, aggression, anxiety, depression*
- *“I can’t talk about it...” “I can’t tell people how I feel.” “I’m fine.” Avoiding vulnerability*
- *“I should... or I shouldn’t...”*
- *Sarcasm, contempt, disdain*
- *Perfectionism, controlling*
- *Over-functioning/under-functioning*



Which  
is  
right???



**SHAME**  
**ON**  
**YOU**



# Brene Brown



## Shame

Focus on the entire self

Feel bad about who we are

Ask, how could I have done that?

Feel extreme distress and impairment

Believe in no control over adverse outcomes

Desire to shrink, avoid, escape

Motivated to hide or attack self or others

Blame others, find scapegoats

## Guilt

Focus on the act that harmed them

Feel bad about what we did

Ask, how could I have done THAT?

Feel moderate pain

Believe in personal control over adverse outcomes

Feel tension and remorse

Motivated to repair damage, made amends

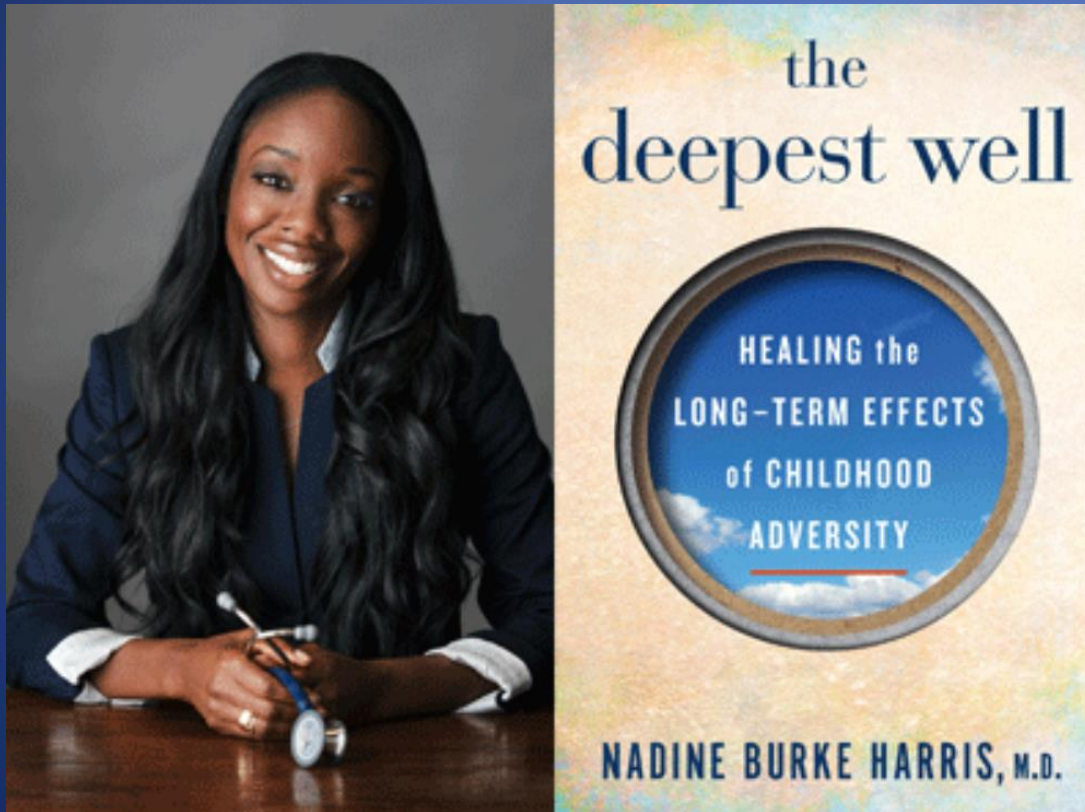
Take personal responsibility

# What causes shame?



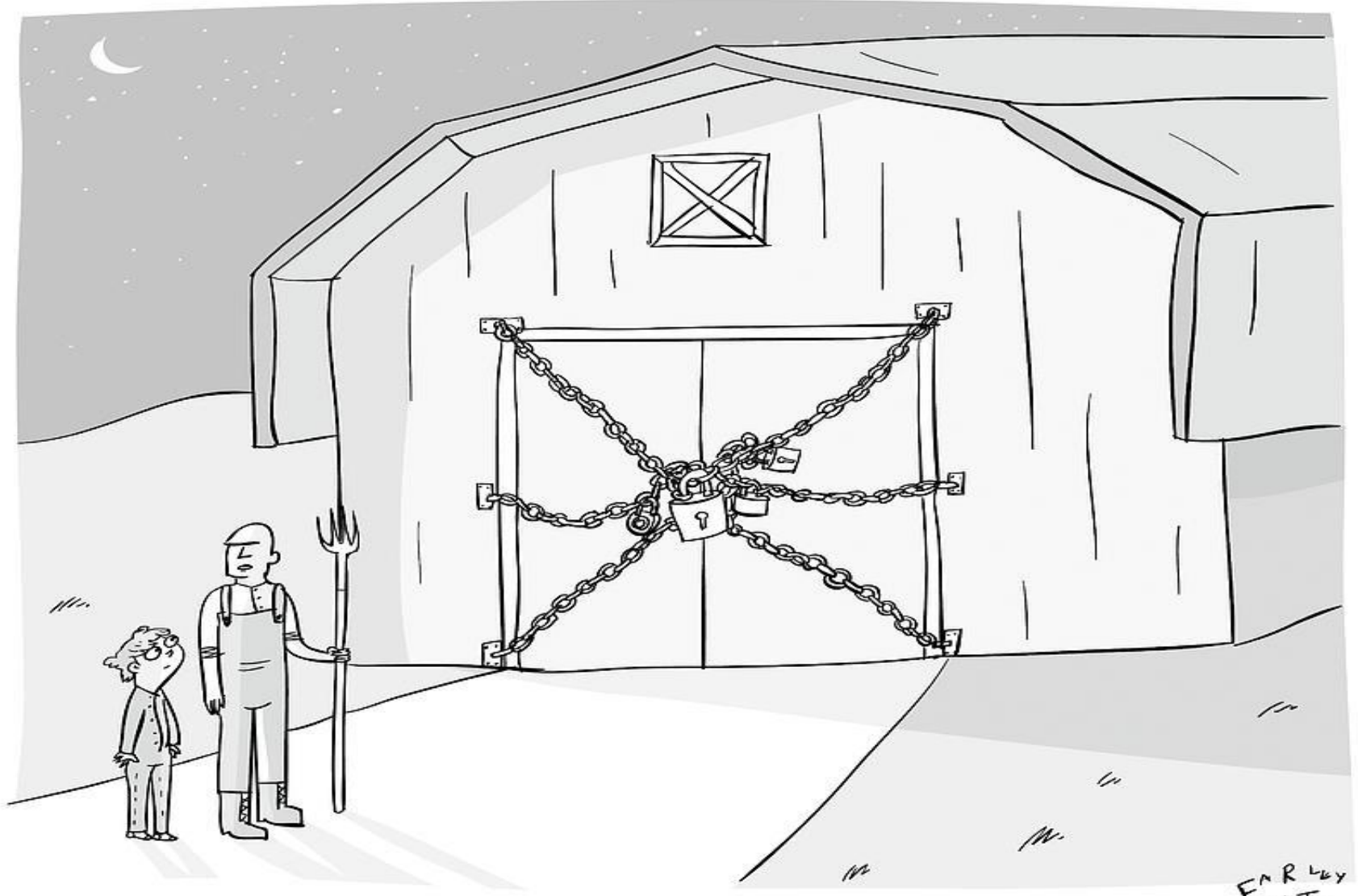


# ACES and Shame



**ACEs and toxic stress thrive on secrecy and shame, at the individual level and the societal level.**





**This is the barn where we keep our feelings. If a feeling comes to you, bring it here and lock it up.**

## Erikson's Stages of Psychosocial Development

Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 -13 years	Industry vs Inferiority	Competency
13 -21 years	Identity vs Confusion	Fidelity
21- 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

# Attachment vs. Authenticity



PEOPLE HAVE 2 NEEDS

ATTACHMENT

AUTHENTICITY

WHEN AUTHENTICITY THREATENS ATTACHMENT

ATTACHMENT TRUMPS AUTHENTICITY

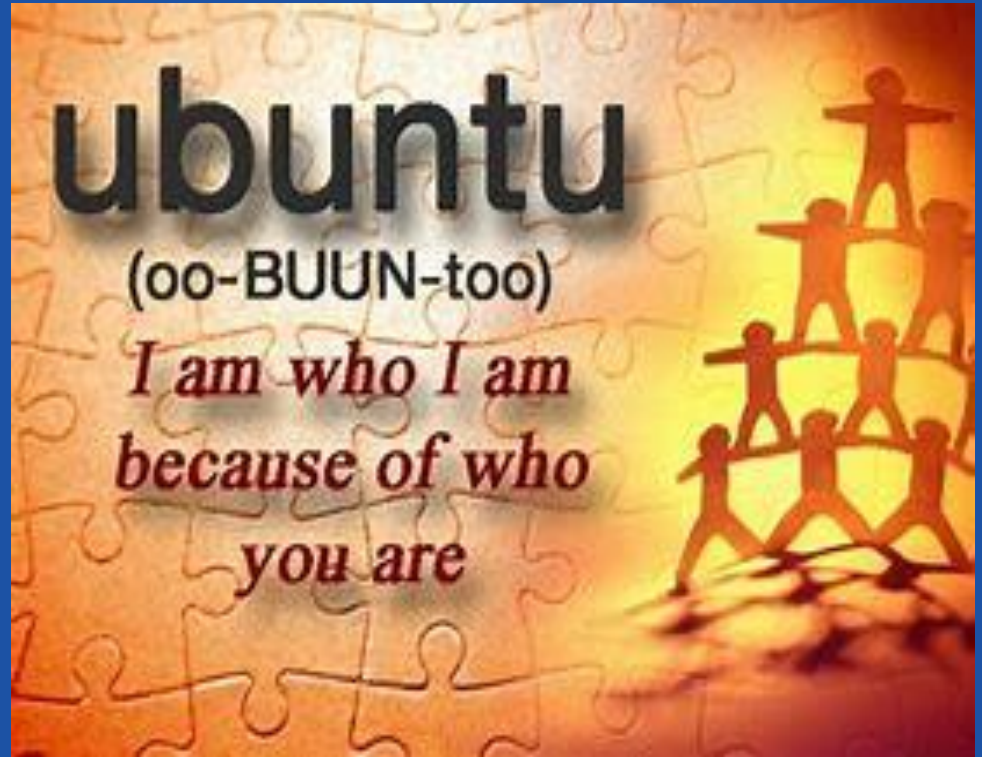
GABOR MATÉ

		<b>Thoughts of Self</b>	
		<b>Positive</b>	<b>Negative</b>
<b>Thoughts of Others</b>	<b>Positive</b>	<b>Secure</b> Comfortable with intimacy and autonomy	<b>Preoccupied</b> Preoccupied with relationships
	<b>Negative</b>	<b>Dismissive</b> Dismissing of intimacy Strongly independent	<b>Fearful</b> Fearful of intimacy Socially avoidant

Bartholomew and Horwitz Attachment Styles

Ubuntu speaks particularly about the fact that you can't exist as a human being in isolation. It speaks about our interconnectedness. You can't be human all by yourself.

-Desmond Tutu





“If  
relationships  
are where  
things go  
wrong, then  
relationships  
are where they  
are going to  
be put right.”

(Howe, 2011, IX)



A low-angle, upward-looking photograph of a modern building's facade. The building features a grid of windows and concrete structural elements. In the center, a rectangular opening reveals a bright blue sky with scattered white clouds. Overlaid on this sky area is the word "WHY" in large, white, sans-serif capital letters.

# WHY

DO YOU DO WORK WITH CLIENTS WHO SEXUALLY ABUSE OTHERS?





**SHAME**

Love  
Support  
Empathy  
Belonging

Losses  
Illness/Injury  
Trauma  
Injustice  
Abuse  
Violence  
Mistakes  
Poverty

Public self  
Self-sufficient  
Happy  
Powerful  
In control  
Strong

Love  
Creativity  
Asking for help  
Receiving help  
Taking risks  
Play/Having fun  
Being yourself  
Positive changes

S  
H  
A  
M  
E

Private self  
Need help  
Sad, mad, scared  
Powerless  
Out of control  
Vulnerable/weak

Ways we  
protect  
ourselves

**FIGHT**  
**FLIGHT**  
**FREEZE**  
**FIX or FAWN**



# The Compass of Shame

Adapted from D.L. Nathanson, Shame and Pride, 1992

## **Withdrawal:**

- isolating oneself
- running and hiding

## **Attack Other:**

- 'turning the tables'
- blaming the victim
- lashing out verbally or physically



## **Attack Self:**

- self put-down
- masochism

## **Avoidance:**

- denial
- abusing drugs and alcohol
- distraction through thrill seeking



## **A client's experience of shame**

**“When I experience shame, I feel as though I am looking at the world through shattered glass.. I cannot hear anything that is said. My mind goes blank. All my attention is riveted on hiding my deficiency. It seems as if everyone can see right through me--and can see that I am inadequate as a human being. At that point, all I know is that I must hide. I must divert everyone's attention from my inadequacy. Sometimes I disassociate so as not to feel. Sometimes I lash out in a 'rage attack' as a diversion. It has devastated my self-esteem.”**

# Healing and Resilience



**5**

## **WAYS WE AVOID VULNERABILITY**

*and hold ourselves back from true connection*

1. We numb our emotions
2. We try to make any uncertainty certain
3. We blame other people and external events
4. We try to make everything perfect
5. We pretend our actions don't affect others

**Avoiding your  
vulnerability  
eventually  
causes  
suffering to  
you and to  
those around  
you.**

**-Andy Crouch**



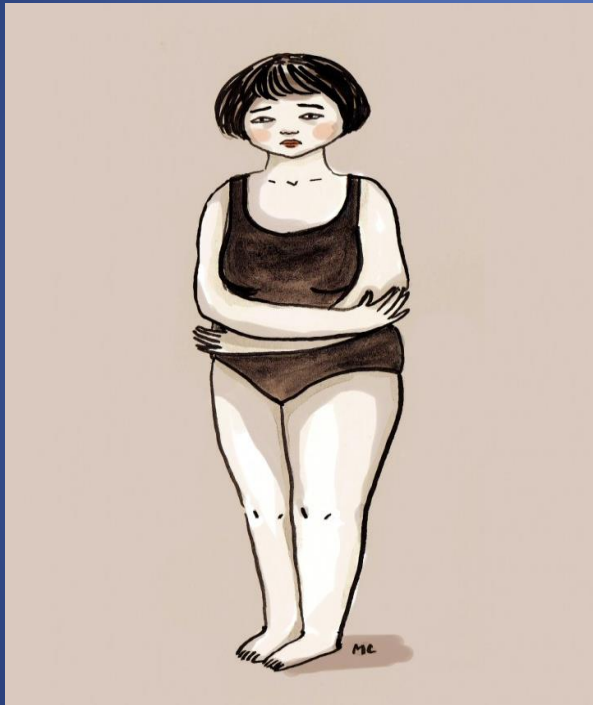
# *What blocks vulnerability and empathy?*

- *Powerlessness or fear of losing power*
- *Punishment*
- *Anger*
- *Trauma*
- *Fear*
- *Focus on self*
- *Lack of safety*
- *Shame*
- *Devaluing or shaming of vulnerability*
- *Multiple stressors*
- *Lack of self-awareness*
- *Never having received empathy*

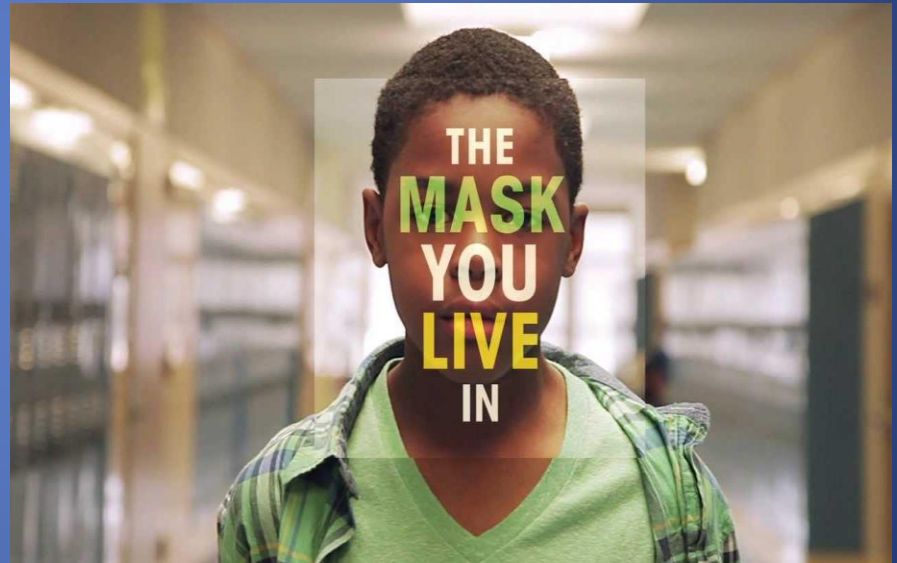


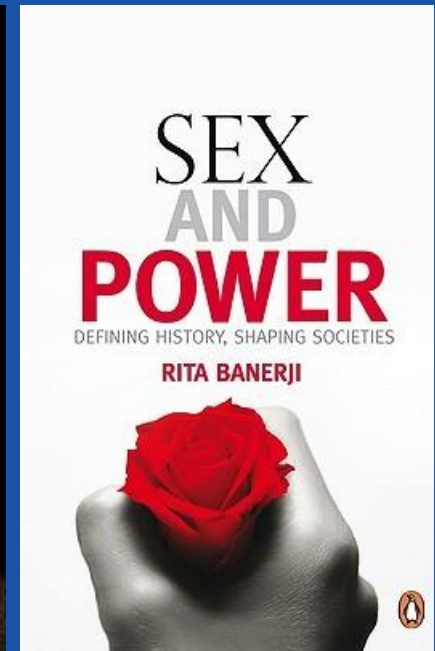
Shame and.....

# Gender and Shame



*“Be a MAN!”*

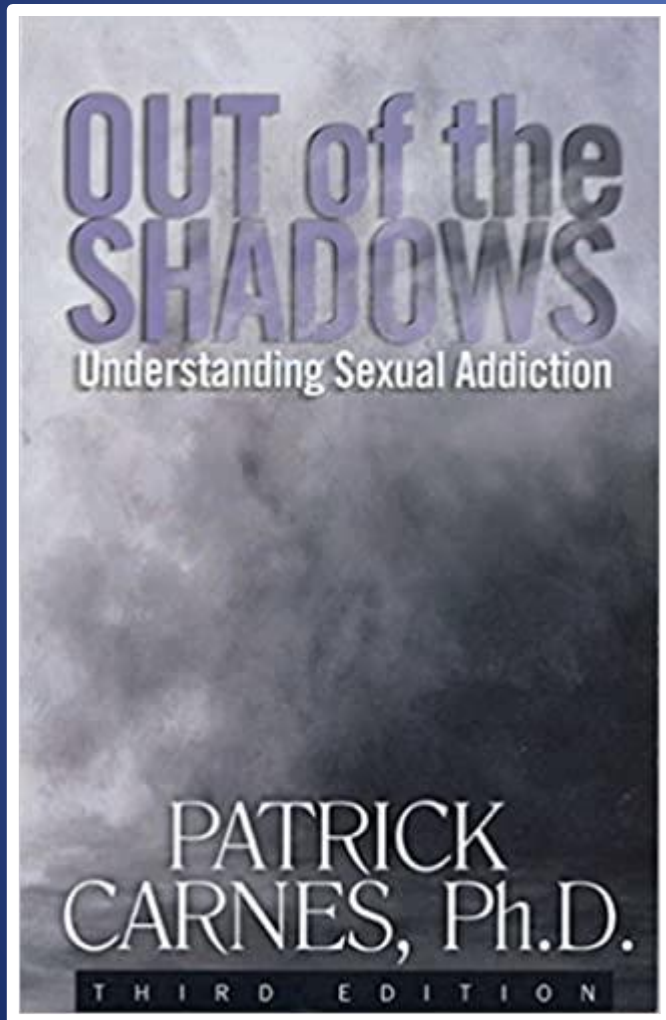




# Sexuality



# Sexual Addiction



Presence of:

- judgment
- secrecy and silence
- sexual satisfaction

Absence of:

- vulnerability
- accountability

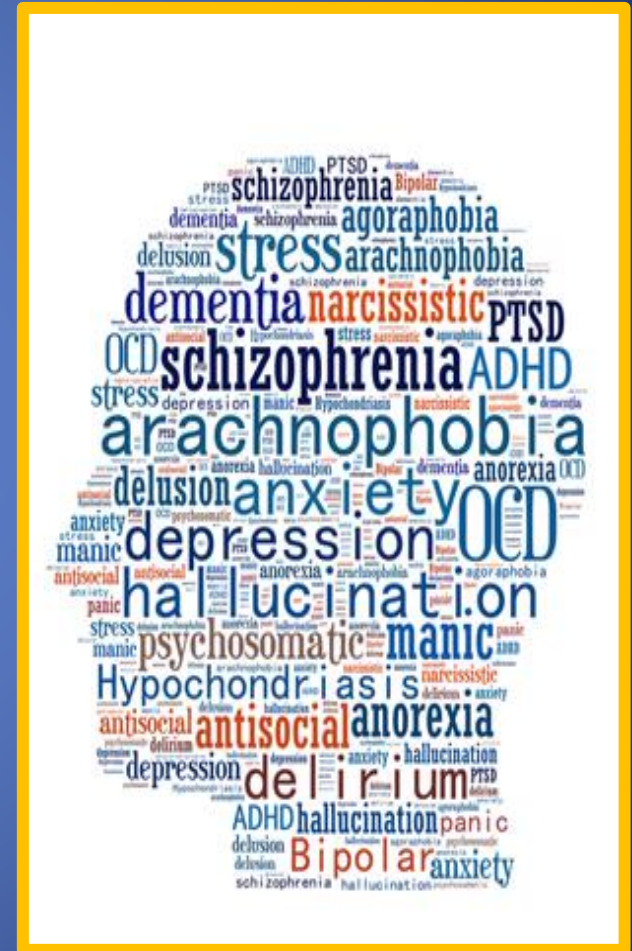
# Shame and Violence



The emotion of  
shame is the primary  
and ultimate cause  
of violence.  
-James Gilligan

# Mental Health

Shame is the  
shaper of  
symptoms.  
We know it by  
the traces it  
leaves.



# Addiction



Shame does for addictions what  
saltwater does to thirst.



# Culture



# Trauma/P.T.S.D.



**Trauma creates so many lies, myths and distortions; it's easy to lose sight of fact and reality. That's when shame can really sink its teeth and start shaking you around.**

# -Michele Rosenthal

**The greatest casualty of trauma and oppression is vulnerability.**

# -Brene Brown



# Zero Bonds and Shame-Anger Loops

---

1. Sex offenders are quick to take offense or feel insulted and humiliated.
2. They are unable to extricate themselves from continuous loops of shame.
3. For offenders, these loops do not take the form of being ashamed of being ashamed (shame-shame loops), which lead to withdrawal and passivity, but shame anger, which lead to continuous humiliated fury, the emotional basis for contempt and hatred.
4. Finally, these men have no secure social bond to which they can turn to share their pent-up feelings; they are in the zero bond condition.



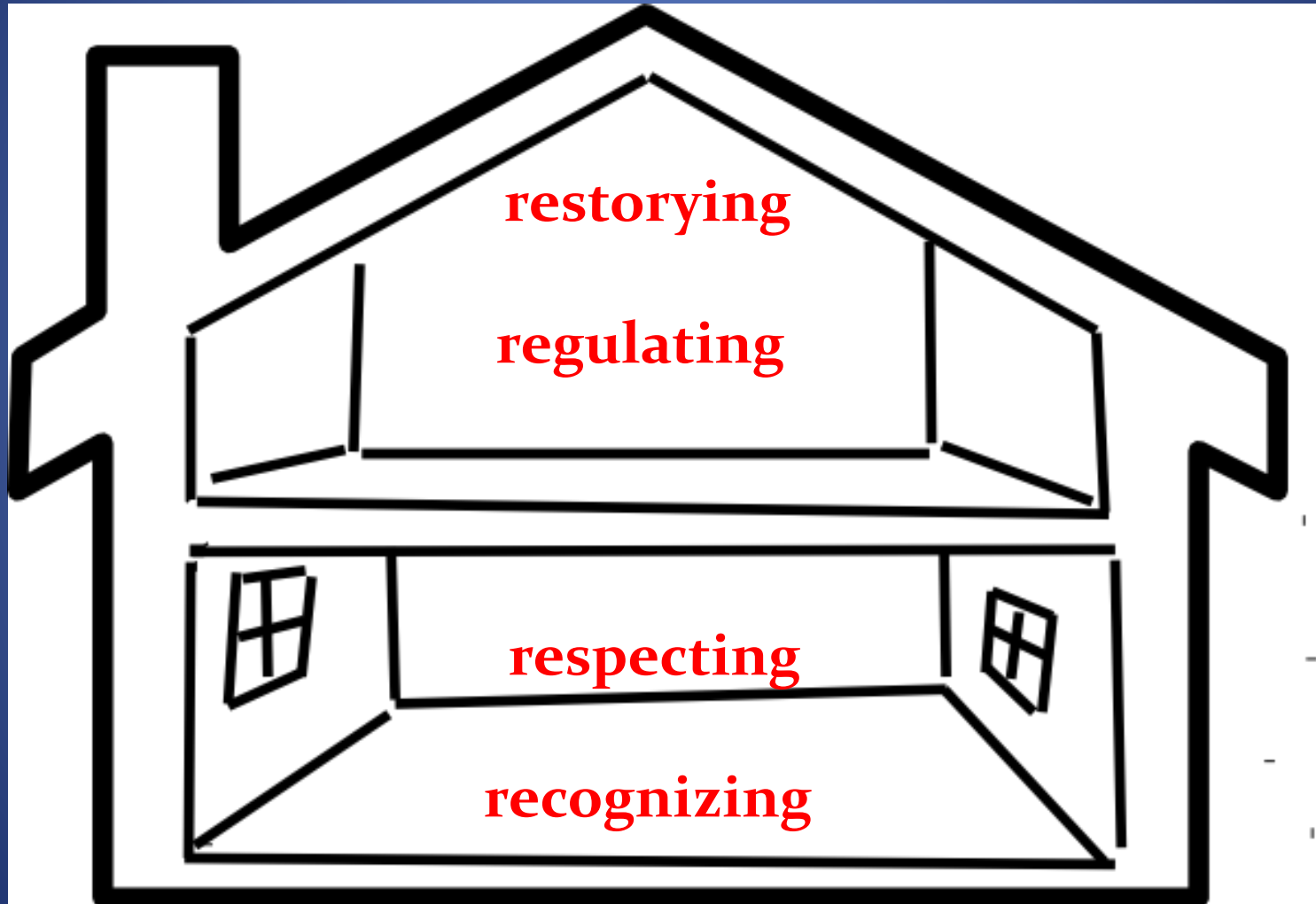
Scheff, T., Retzinger, S. (1997). Shame, Anger and the Social Bond: A Theory of Sexual Offenders and Treatment.

Let the healing begin





# Restructuring the Authentic Self



Stephen Porges's (2011) The 4 R's

# Listen to their Stories

- Where are love, power and shame in the story?
- What role are you playing in the story?
- What are the repeating themes?
- Are you feeling empathy?



## Restorying

A primary tool across all models of psychotherapy is editing and expanding the self-narrative of the left hemisphere to include the silent wisdom of the right.

-Dr. Louis Cozolino

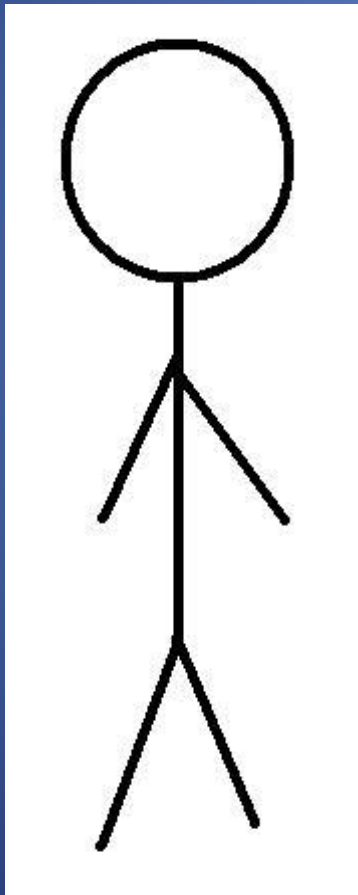


# Know your shame gremlins





# Relational Power Dynamics

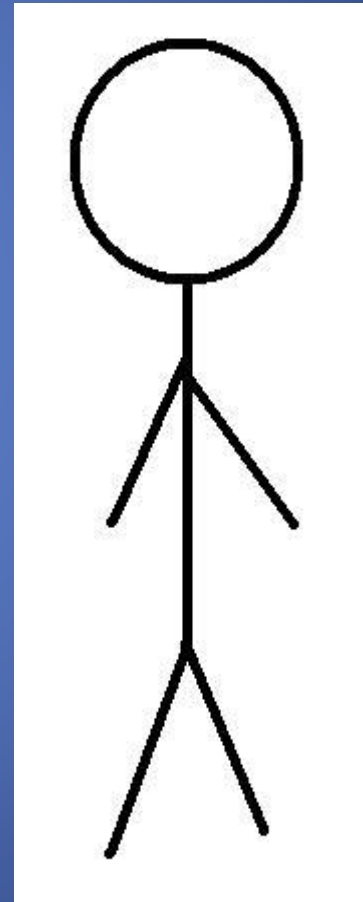


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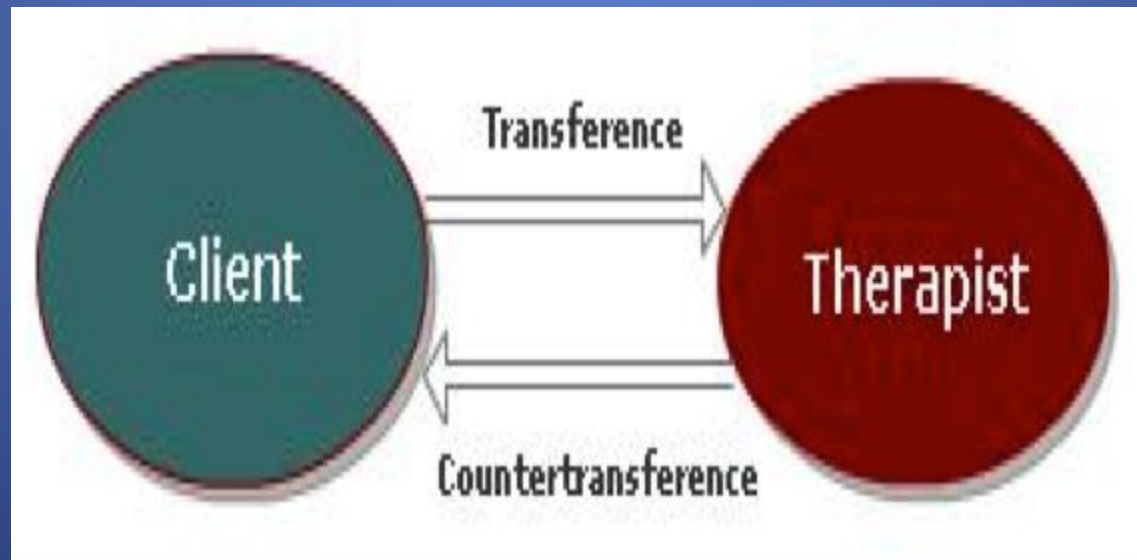
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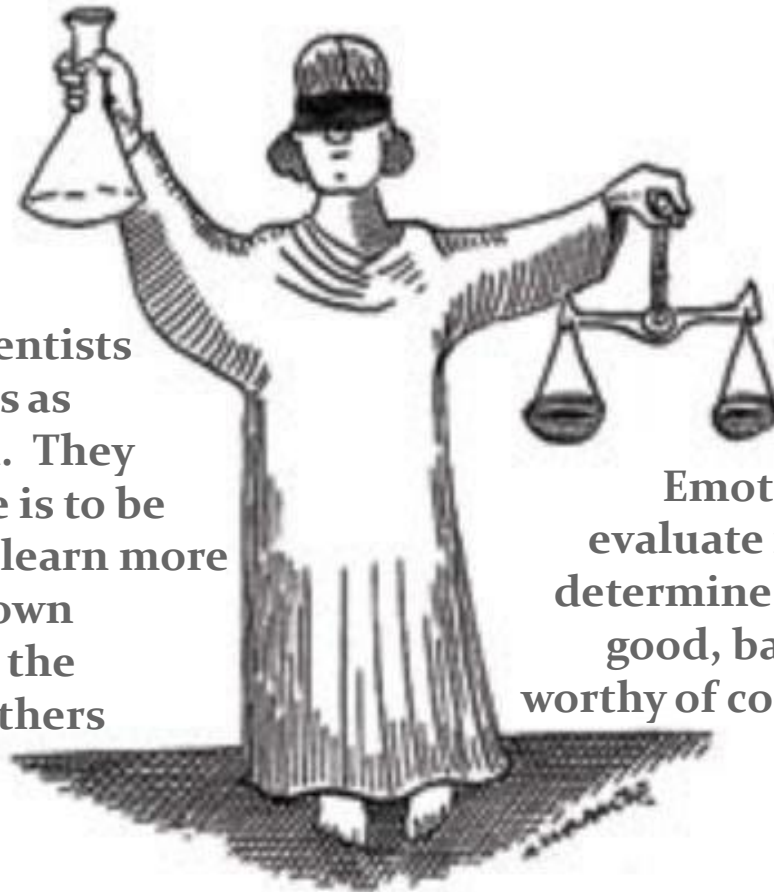
# Shame and Countertransference

The moment in the session when the therapist feels stuck or begins to doubt themselves is often the moment when the client is in shame. -Sheila Rubin



# Emotion Judge or Emotion Scientist?

Emotion scientists see emotions as information. They have a desire is to be curious and learn more about their own feelings and the feelings of others



Emotion judges evaluate feelings to determine if they are good, bad, valid or worthy of compassion.

From Marc Brackett's book Permission to Feel

# C-Shovels

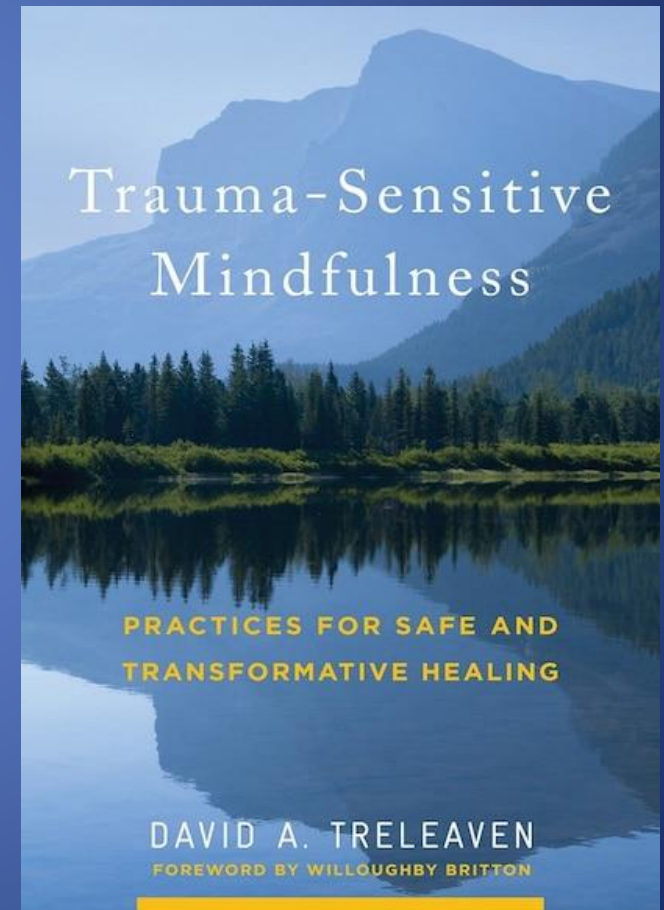
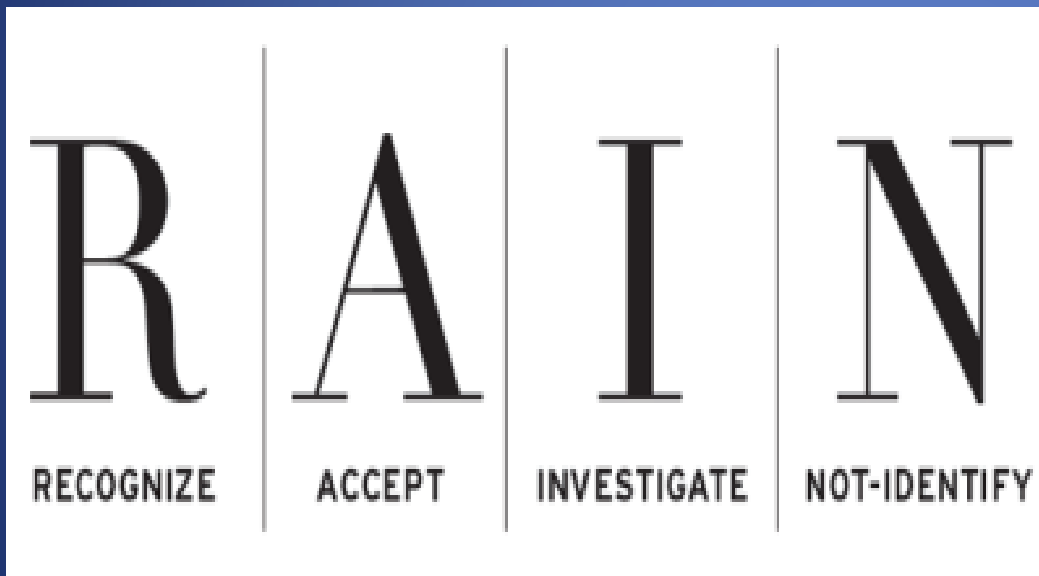
- Courage
- Compassion
- Connection
- Curiosity

From Shame Informed Therapy  
by Patti Ashley





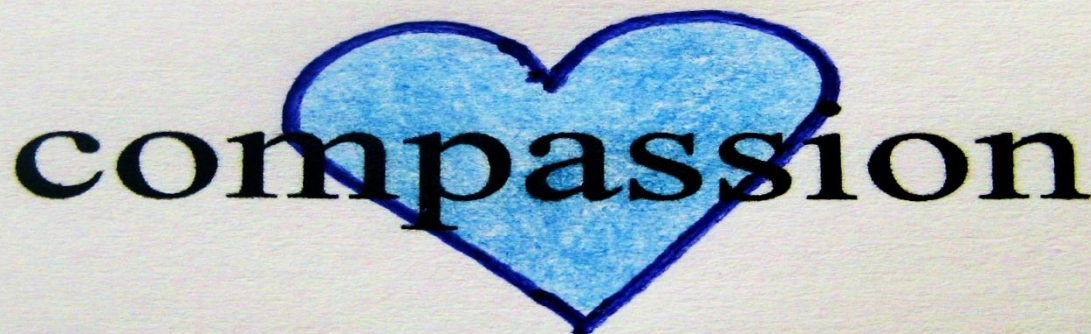
# Mindfulness



Compassion is the strongest therapeutic agent in existence. Its potential for constructive growth and human creative potential is almost limitless.

-Theodore Rubin

Compassion is knowing our darkness well enough that we can sit in the dark with others. It is not a relationship between the wounded and the healed, but a relationship between equals. -Pema Chodron

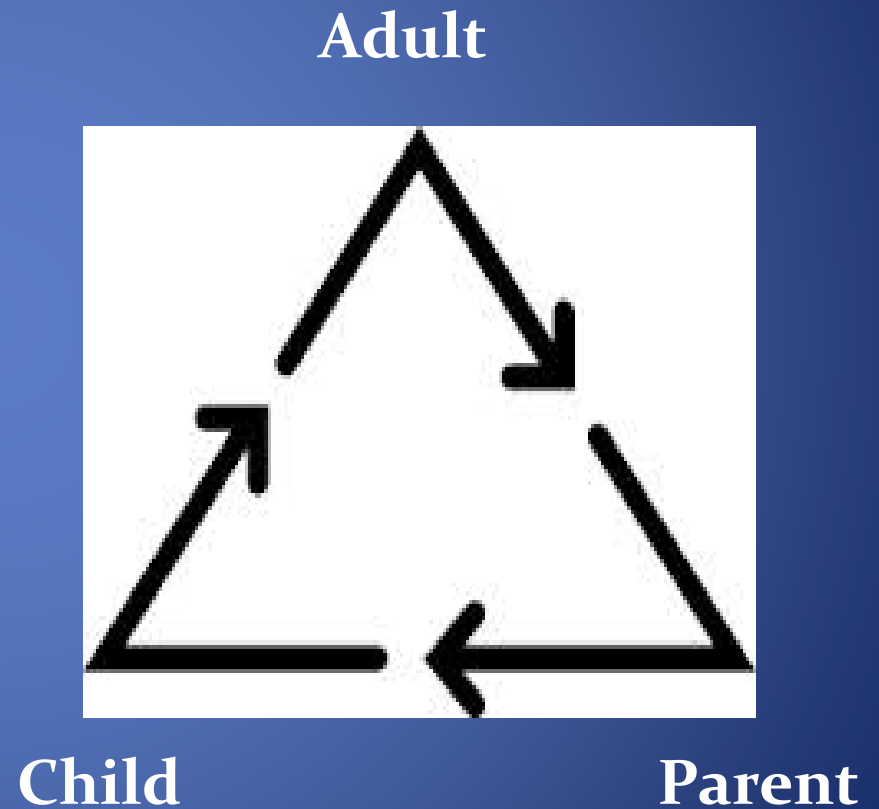


# Companioning vs *Problem Solving*

## Alan Wolfelt's Model

1. **Companioning** is about learning from others; *it is not about teaching them.*
2. **Companioning** is about being present to another person's pain; *it is not about taking away the pain.*
3. **Companioning** is about going to the wilderness of the soul with another human being; *it is not about thinking you are responsible for finding the way out.*

# Transactional Analysis





1. Is it kind, is it true, do you believe it?
2. Praise client's defensive system but explore the consequences of it.
3. Use stories and quotes
4. Limited self-disclosure
5. Laugh at yourself, use humor
6. Admit mistakes and apologize
7. Psychoeducation
8. Rewind to find shame moment that triggered
9. Monitor focus-on self or others
10. Living in the 'And'



# Living in the And

Living in the 'and' is a way of accepting what is while staying open to the possibilities of what might be. It's learning to hold two things that feel like opposites alongside each other without judgment.

–Makeda Pennycooke



# Listening to Behavior

If they could, a client would tell us:

- *I don't always have words for how I'm feeling. I don't yet have a way to talk about my emotions, so I let my behavior do the talking for me.*
- *Until I have a way to express my feelings directly, please listen to my behavior.*
- *Instead of asking, "What's wrong with you?" Consider compassionately wondering, "What happened?"*





# Becoming a Wounded Healer

Nobody escapes being wounded. We are all wounded people. The main question is not, “How can I hide my wounds, but “How can I put my woundedness in the service of others?” When our wounds cease to be a source of shame and become a source of healing, we have become wounded healers.

Henri Nouwen



WHAT'S **LOVE** GOT  
TO DO  
WITH IT?



**Everything!**

**Thank  
you!!!**



# Quotes

1. The feeling of shame can be described as a sense of smallness, worthlessness, and powerlessness in a given situation. It is triggered by a “perceived” break in one’s connectedness to others or to oneself. This is compounded by feeling exposed and extremely concerned about another’s evaluation of oneself. Shame can be defined as the emotional experience of another’s disdain or disgust, real or imagined. Traumatic Stress Institute
2. It is a magnificent paradox. One seeks peace and fulfillment by ever increasing efforts at self-determination, self-improvement and self-control. But it is when self-manipulation and self control are given up that peace and fulfillment are found. They were there all along. Gerald May
3. Comparison is the thief of joy. Theodore Roosevelt
4. Shame is a soul eating emotion. Carl Jung

# Quotes

The following quotes are from Brene Brown:

- a) Vulnerability is the birthplace of innovation, creativity and change.
- b) Once we have been trained to be ashamed of ourselves, we don't need confirmation from others.
- c) Talk to yourself like you would to someone you love.
- d) Talk about your failures without apologizing.
- e) Want to be happy, stop trying to be perfect.
- f) If we can share our story with someone who responds with empathy and understanding, shame can't survive.
- g) Shame corrodes the very part of us that believes we are capable of change. We cannot grow when we are in shame, and we can't use shame to change ourselves or others.



# Books

1. **Simply Sane** by Gerald May
2. **Daring Greatly** by Brene Brown
3. **The Gifts of Imperfection** by Brene Brown
4. **I Thought it was Just Me** by Brene Brown
5. **Fear and Other Uninvited Guests** by Harriet Lerner
6. **Compassion and Self-Hate** by Theodore Rubin
7. **Shame** by Michael Lewis
8. **Making Friends with your Shadow** by William Muller
9. **Out of the Shadows** by Patrick Carnes (Sexual Addiction)
10. **Healing the Shame that Binds You** by John Bradshaw
11. **Shame and Guilt** by Jane Middleton-Moz
12. **Letting Go of Shame** by Ronald Potter Effron
13. **The Drama of the Gifted Child** by Alice Miller
14. **Becoming Attached** by Robert Karen
15. **The Many Faces of Shame** by Donald Nathanson
16. **Shame and the Self** by Frances Broucek
17. **Shame-Informed Therapy: Treatment Strategies to Overcome Core Shame and Reconstruct the Authentic Self** by Patti Ashley
18. **The Mind of the Intimate Male Abuser: How He Gets into Her Head: The Mind of the Male Intimate Abuser** by Don Hennessey
19. **The Upside of Shame** by Maria Lamia
20. **Self-Compassion** by Kristen Neff
21. **Shame and Guilt** by June Tangney
22. **Becoming Attached** by Robert Karen
23. **Shame: The Power of Caring** by Gershen Kaufman
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4. [The Two Faces of Shame – Association for Psychological Science – APS](#)
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7. [Development of Shame Spectrum Feelings in Childhood \(rickhanson.net\)](#)

# Videos

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3. The Mask You Live In (Available on Netflix and Amazon) found at <https://www.youtube.com/watch?v=hc45-ptHMxo>
4. [MARSHA LINEHAN - Shame - YouTube](#)
5. [Is Shame good? - YouTube](#)
6. [Gabor Maté - Authenticity vs. Attachment - YouTube](#)
7. [Why is Play Important? - Dr. Stuart Brown - Dirt is Good - Bing video](#)