



## Shame & Pride - Coming to the Authentic Self

By: Dr. Peter A. Levine PhD

Chronic shame is one of the most corrosive emotions that people experience. It is like cancer. First there is a “tumor” – perhaps it comes, initially, from a severe scolding by a parent or teacher, along with a breaking of connection and a rupture of trust. The shame then “metastasizes” and spreads, affecting the entire organism, collapsing the body, polluting the spirit, and undermining our basic sense of wellbeing and worthiness.

Shame is associated with a very specific body posture and autonomic pattern. It is a pattern which is similar to those we see in trauma, including hyper-arousal, hypo-arousal and shutdown. The opposite body experience of shame is the direct experience of the somatic/autonomic posture of triumph and pride. It is physiologically impossible to experience shame while one has a rooted and embodied sense of pride and an inner sense of dignity. Utilizing this dynamic relationship, within the context of a therapeutic alliance, shame can be transformed to a core sense of self-respect and self-compassion. This integrative process is essential for promoting overall health and wellbeing.

Work with shame requires learnable skills of body reading, tracking physiology, and a therapeutic understanding of interpersonal dynamics. Participants will have the opportunity to practice how to help client’s move from shame into triumph, pride, and mastery, along with a renewed sense of dignity and Self-hood.

More information on: <http://www.traumeheling.dk/2017/08/16/peter-levine-kom...-22-25-juni-2018/>

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## Practical information

The workshop refers to SE therapists and SE students after beginner level

**Time:** 22 – 25 June 2018

**Venue:** Konventum, Gl. Hellebækvej 70, 3000 Elsinore, Denmark.

<http://www.konventum.com>

**Price:** Early bird registration before the 1<sup>st</sup> of March: 875 €,- including meals

Registration later than the 1<sup>st</sup> of March: 940 €

Rooms can be booked from 80 € per night.

Contact Konventum: Tel: [+45 49 28 09 00](tel:+4549280900); e-mail: [booking@konventum.dk](mailto:booking@konventum.dk)

**Registration:** The registration is valid when Traumeheling ApS has received registration fee. The full registration fee, except from a 70 € administration fee, will be reimbursed if cancelling before the 1<sup>st</sup> of May 2018. Half of the registration fee will be reimbursed if cancelling between the 1<sup>st</sup> of May and the 10<sup>th</sup> of June 2018. Cancelling later no registration fee will be reimbursed. Cancellation is only accepted by e-mail to [traumeheling@hotmail.com](mailto:traumeheling@hotmail.com)



**Peter A Levine, PhD** – is the developer of Somatic Experiencing®, a naturalistic, approach to healing. He has received the Lifetime Achievement award from the United States Association for Body Psychotherapy, as well as the Reiss-Davis Chair for his lifetime contribution to infant and child psychiatry. Dr. Levine served as a Stress consultant for NASA's space shuttle development program. He is the author of several best-selling books on trauma, including *Waking the Tiger*, *Healing Trauma*, *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness* and his latest book, *Trauma and Memory*.