Healing Shame

A Very Practical Two Day Intensive

with Greg Yee (Australia)

Shame is a complex and debilitating emotion that stems from an internalised sense of inadequacy or unworthiness. Shame is embedded with almost every mental health concern and is an under acknowledged 'therapeutic block' in the process of recovery and change. The dominant cultural norm of avoiding or suppressing Shame has recently been exposed and there is now growing recognition of the importance of naming, understanding and treating shame.

To effectively work with Shame, we must understand why it can be so difficult to ease this deeply engrained emotion, why shame vigilantly protects itself, and how many traditional interventions may actually be sustaining shame (or driving it deeper).

Many therapists/helping professionals now recognise the importance of becoming skilled in addressing this ubiquitous and debilitating issue. This workshop is a unique opportunity for a group of such clinicians to immerse themselves in a practical and experiential laboratory focusing on tackling Shame in its many dimensions.

This new two-day intensive workshop is designed to provide an immersive, experiential journey into the complexities of shame and participants will engage in practical exercises aimed at unpacking and addressing client Shame from various angles.

Workshop Highlights:

- Delve into the intricate process of confronting and understanding shame.
- Explore the dynamics of non-shaming therapeutic relationships.
- Discover how clients can heal from shame by reconnecting with disowned aspects of themselves.
- Learn strategies to help clients address harmful behaviours stemming from shame.
- Explore the process of challenging and replacing unhelpful societal and cultural beliefs that foster shame.
- Understand how clients can differentiate from toxic, shame-inducing family dynamics.
- Examine principles of non-shaming parenting.
- Discuss approaches to addressing shame in couples and family therapy.

This two-day workshop builds upon themes from Greg Yee's earlier 'Working with Shame' introductory seminar, offering expanded opportunities to go deeper into the topic through practical exercises, small group discussion, case studies, role play demonstrations, and relevant video material. This training stands alone and attendance at the previous workshop is not required to participate.

Such a relevant, valuable and impactful training. Feeling privileged to have hear and learn from Greg, who aside from his wisdom created a gentle safe and compassionate environment for learning. - Social Worker

Really appreciated Greg's compassionate and gentle approach to a subject that can be so triggering! This will be so helpful in my work with parents but also was incredibly helpful for me! - Psychologist

"Loved the content - Greg had a calm, gentle approach that was really engaging." - Counsellor



Meet the Trainer: Greg Yee is a family and individual Therapist, based in Canberra, with over 30 years' experience of working therapeutically with issues relating to shame. He divides his time between his successful private practice, delivering training for professional audiences and supervising individuals and teams. Greg presents with insight, clarity, and compassion, meaning this is a training opportunity not to be missed by anybody working therapeutically with individuals or families.

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Seminar Details:

WELLINGTON: 20-21 September 2027, Movenpick Hotel, 345 The Terrace, Te Aro, Wellington 6001

9:00am - 4:00pm daily

$675 (incl. GST) inc catering, printed notes, attendance certificate, in-room Compass bookshop

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