

HEALING SHAME AND SHAMING

ONLINE

Friday 27th, Saturday 28th and
Sunday 29th of May 2022

Shame is one of the most disturbing and uncomfortable of all human emotions. The very hallmark of Self-leadership is the willingness and ability to self-disclose without the fear of inner shaming. If shame and self-loathing permeate an inner system being vulnerable becomes difficult and leaves people stuck in protective cycles of blame, hopelessness and despair.

Healing shame involves:

- 1 Acknowledging parts that have been shamed and parts who have the role of shaming
- 2 Doing depth work to bring shaming protectors in to the light and unburdening exiles
- 3 Bringing self-compassion to one's inner system
- 4 Safely self-disclose one's experience and story without shaming oneself or others

This workshop will address:

- A working definition of shame
- Shame as a verb (action)
- The difference between shame and guilt
- How and why working with shame protectors is critical when working with a shame driven system
- Shame-driven system
- How IFS works effectively with the inner and outer shame cycle
- The purpose of revenge
- Healing shame



- How Self-forgiveness, self-compassion and safe self-disclosure are an antidote to shame.
- Saying hello to parts of the therapist when faced with extreme shame in clients.
- How avoiding shame in the therapy office causes more harm than good.
- Understand shame and the Autonomic nervous system.
- Shame in relationship

Methodology:

- Lecture
- Demos
- Videos
- Practice
- Experiential exercises to understand shame from the inside out.

Sessions:

- 📅 Friday 27th, Saturday 28th and Sunday 29th of May 2022
- 🕒 Time: 4:00pm to 10:00pm. (Central European Time)
- 💰 Early bird until April 26: 250 €
From April 27: 300 €
- 📍 Online
- 🗣️ Spanish / English
- @ institutoifsmadrid@gmail.com
- 🌐 www.istitutoifs.com

Requirement: Have completed a Level 1 in IFS

Toni Herbine-Blank



Toni Herbine-Blank, MS, RN, C-SP, is a Clinical Specialist Psychotherapist and Senior Trainer for the Center for Self Leadership.

Toni was trained in Family Therapy at the University of Pennsylvania where she earned both her RN and advanced practice degree in Psychiatric Nursing.

She began training students in Internal Family Systems Therapy in 2004 and since has been instrumental in designing programs and writing curricula for Levels 1 and 2 IFS training programs.

Toni has been in private practice since 1996 specializing in the treatment of couples and individuals. In 2009, after designing a training for IFS therapists to apply the model to couples therapy, Toni offered the first *Intimacy from the Inside Out*® Training Program in Boston,

Massachusetts. Since then the program has been received with great enthusiasm across the United States.

Toni's passion is in guiding therapists to become courageous, clear and confident. She has a reputation for being a creative, lively, and fiercely compassionate trainer. Toni currently lives in Durango, Colorado with her husband Jordan.

They enjoy the magnificent outdoors whenever possible accompanied by their horses and dogs.

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