

Healing Shame in Families With Children from Rough Beginnings

Shelia Rubin, LMFT, RDT/BCT &
Bret Lyon PhD, SEP, BCC

Provided by Family Paths (CEU Provider #62239) in conjunction with Chabot-Las Positas Community College District and Alameda County through Title IV-E Funding.

*Target Audience: This training is geared towards therapists, clinical staff, family partners & resource family advocates working with foster children or youth in Alameda County.
This workshop is available to you **free of charge**.*

Workshop Description

Shame is the feeling that we are flawed or worthless and unworthy of being loved. When someone is in shame, they have great difficulty feeling loved. This workshop is designed to help therapists and other helping professionals, help families to understand and heal the shame which is so prevalent and can disrupt family harmony. You will become aware of shame as both a primary emotion and a freeze state, which has a profound effect on personal development and relationship success, and which has been neglected in most psychotherapy. You will learn that shame cannot be worked with in the same way as the other primary emotions and that special care needs to be taken to work with shame in specific ways. This workshop will provide supportive counter-shaming concepts and exercises for those working with children, teens and families who have been involved in the foster care system.

Workshop Goals

1. To identify the primary emotion of shame.
2. To identify the 4 reactions to shame.
3. Give examples of counter-shaming language to use with kids and adults.
4. Identify the differences between healthy shame and toxic shame - and between healthy shaming and toxic shaming.
5. Explain how to create a counter-shaming environment, recognize, and step out of the seemingly endless shame spiral.

**Tuesday May 15, 2018
9:30 to 5:00**

Continental Breakfast & Lunch provided.

RSVP is required.

Email:

kmichaels@familypaths.org

For special arrangements or accommodations to attend this training, please contact Kristin Michaels kmichaels@familypaths.org (510) 893-9230 ext 207 prior to course date to allow timely accommodations.

The Trainers

Sheila Rubin worked for years as a counselor with runaway kids, foster parents, and families at an agency in Portland, Oregon. In the Bay Area, she has developed Drama Therapy and storytelling group processes for kids at Head start and teenagers in hospitals and schools to help them cope with shyness, bullying, and low self-esteem. Sheila Rubin and Bret Lyon are a married couple who have been leading Healing Shame trainings for foster and adoptive families, as well as leading Healing Shame workshops for therapists, staff and support staff, in many cities in the US and Canada. Their 3-part video series for foster families will be available online.

If you have a complaint about the performance of Family Paths staff or instructors, and/or you feel you or someone else has been treated unfairly or discriminated against you may call 510-893-9230 to speak with the Program Administrator.
See Training Grievance Policy on back for details.

CEUs: Course meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. CEUs will be awarded in person at the end of the training. Provided by Family Paths, Provider #62239 thru CAMFT CEPA. We will be unable to provide attendees with certificates of completion if more than 15 minutes of course content is missed. **There will be a 60 minute lunch and two 15 minute breaks not included in the total CEU time awarded.**

Cancellation Policy: If you are unable to attend, please notify Kristin Michaels at kmichaels@familypaths.org or 510-893-9230 ext 207. We do not charge for our trainings at present and space is limited. **If you cannot attend we ask that you contact us as soon as possible in order to open up that seat to someone else.** If a training is cancelled, participants are notified via email no later than one week prior to the training if possible. If a trainer has an emergency and notifies the training department in less than week, those registered for the training are notified as soon as possible. Training registrants are provided the makeup date that is scheduled for the training.

Disability Accommodation: Family Paths will make reasonable efforts during the training to accommodate qualified individuals with disabilities and/or medical conditions in accordance/compliance with the State Fair Employment and Housing Act (FEHA), Federal Americans with Disabilities Act (ADA) and applicable statutes. To request an accommodation due to a disability/medical condition during this training, please contact the Clinical Training Coordinator no later than 5 days before the training. The buildings where most of our trainings are conducted are wheelchair accessible and have disabled parking available. Please contact us with any questions.

Training Grievance Policy: Family Paths is committed to providing a work/learning environment in which all individuals are treated with respect and dignity. A participant of trainings has the right to seek a remedy for a dispute or disagreement through Family Path's policies for filing complaints/grievances for participants. Training participants may use available informal means to have decisions reconsidered before filing a formal complaint/grievance. No retaliation of any kind shall be taken against a participant for filing a complaint/grievance. In an effort to provide the highest quality services to participants in our trainings, you are encouraged to report immediately any concerns regarding your training experience to the Clinical Training Coordinator who will provide the complaint form. All participant complaints /grievances should be in writing (which may be in your own language) to the Clinical Training Coordinator, Family Paths, 1727 Martin Luther King Jr. Way, Suite #109 Oakland, CA 94612 or by email to kmichaels@familypaths.org. Once a complaint or grievance has been submitted, you can expect a response no later than ten (10) business days. Upon receipt the Clinical Training Coordinator will conduct a formal review of the complaint/grievance and will attempt a timely resolution, taking appropriate corrective action if warranted by the investigation. If no resolution is forthcoming, or the problem is not satisfactorily resolved, the participant may direct any complaint/grievance to the Program Administrator, Family Paths' Clinical Director.

If you have a complaint about the performance of Family Paths staff or instructors, and/or you feel you or someone else has been treated unfairly or discriminated against you may call 510-893-9230 to speak with the Program Administrator.
See Training Grievance Policy on back for details.