

## Hand in hand through the rift of shame: working with pathogenic shame to create a transformative experience.

*Workshop by Netta Ofer & Einat Shaked  
October 13 9:00-13 & 15-18  
Av Rovisco Pais 16-1º Dtº, Lisbon  
Price: 90 Euro.  
20 participants  
Language: English*



Netta Ofer and Einat Shaked from Israel, present a 1-day workshop on working with pathogenic shame. Netta is an AEDP certified therapist. She has been practicing AEDP since 2007 and Teaches AEDP in the “New School for Psychotherapy” of the IDC and in various universities in Israel for the past 6 years. Netta supervises many therapists in individual and group settings. Besides AEDP Netta specializes in treating trauma in infancy and in parent therapy. She has contributed chapters to books in Israel on the subjects of AEDP, trauma, loss and parent therapy. Netta also works in supervising and writing programs for marginalized populations which struggle with poverty, trauma and maltreatment.

Einat Shaked is a clinical psychologist. Member of “Siach group for relational psychotherapy”. Practices AEDP for the last several years. Teaches and supervises AEDP in the “New School for Psychotherapy” at the IDC and in “Anchor- a program for integration-based psychotherapy” at the academic college of Tel-Aviv- Jaffa. Private practice in Tel-Aviv and Srigim, specializes in working with young adults and with the LGBTQ community.

Shame has a major part in creating most psychopathologies and is also one of the main obstacles in creating transformation in therapy. In this workshop we will lay out the process which transforms pathogenic shame from a silencing shrinking experience into core emotion and resilience. This transformation is achieved through an affirming therapeutic stance favoring the “here and now” and through diving into the “rift of shame”: the moment when the patient needed to choose between the pain of dissociating from self-parts and the intense fear of not belonging leading to unbearable aloneness. Working together, the silencing shame is transformed to joy, pride, self-efficacy, serenity, self-confidence and a sense of worthiness.

The process integrates work and thought from relational, experiential and attachment-based psychology with thought and technique from AEDP. The workshop will open with a short research informed updated understanding of the dynamics and phenomenology of shame and will demonstrate experientially the integrative transformational process we formulated.

This transformational process includes three elements:

- Creating an explicitly secure affirming alliance which enables the dyad to explore the shame and experience it together.
- Reaching back experientially (by a special portrayal) to the “rift of shame”; the tragic inevitable moment of blinding and dissociation where core affects, needs and drives were silenced to avoid the fear of disconnection, thus, giving voice to the rich emotions of this moment.
- Reaching forward to the future self; giving her the gift of resilience born from experientially giving voice to the lost aspects of core self and the understanding of the cultural aspects of personal shame.

The workshop will include an experiential exercise and viewing a videotaped session demonstrating the process described above.

The participants will receive handouts of the protocol.

**Location:**

Av Rovisco Pais 16-1º Dtº, Lisbon

**Dates & Times:**

The workshop will be on Sunday October 13th from 9-18 with 2 hour lunch break

**Course Fee & Reservation:**

The course fee is 90 Euros.

You can make your reservation by transferring 90 Euros to

IBAN PT50 0010 0000 3320 9040 0017 0

Account holder Hans Welling

Please send email to [hanswelling@yahoo.com](mailto:hanswelling@yahoo.com) to inform us about your reservation

**Receipts & Cancellations:**

Upon request receipts can be issued only in Israeli Sheckels

Cancelations with full reimbursements can be made until 20 September 2019

**More Information:**

[hanswelling@yahoo.com](mailto:hanswelling@yahoo.com)

We hope that you will join us and participate.

Hans Welling

Ana Caetano

Netta Ofer

Einat Shaked