



## ***Shame, Guilt and Identity, Michael Mokus,***

*In this seminar we will explore the development of feelings of shame and guilt from a neuroscientific, early childhood attachment and an intergenerational perspective.*

*The roots of shame and guilt are often found in stress caused by early developmental or shock trauma. Feelings of shame and guilt develop as a reaction to stress and disorganization in the body and in turn produce further stress and disorganization.*

*Negative beliefs about ourselves, such as "I am bad" and the numerous variants of this conviction are based on the early experience of "I feel bad". At the level of identity, shame and guilt become the basis of highly distorted identifications and self-judgments that can last for life.*

*When we understand that shame and guilt has more to do with the inadequacy of the environment than with our own failures, it helps us to view ourselves in a new and more compassionate way. We can be more connected to our strength, have better behavioral possibilities and distorted self-images can dissolve.*

*We will explore the topic both theoretically and practically, so that participants can learn to understand their own authentic experiences. Body- and psychotherapists will become more aware of the crucial significance of this dynamic in working with people and are provided with an important set of tools to facilitate their work.*

### *Topics covered*

- *Affect development and affect regulation*
  - *How do feelings of shame and guilt develop?*
  - *Appropriate coping with feelings of shame and guilt and the resulting behaviour*
- *Natural feelings of shame and guilt vs. those resulting from overwhelming experiences*
- *Dissolving the vicious cycle of chronic stress, feelings of shame and guilt and identification shame/Guilt*

- *As identity-generating forces*
- *As a intergenerational phenomenon*
- *From a neurophysiological perspective*
- *From a developmental perspective*
- *Shame/guilt and implicit memory*
- *Practical tools and understanding when exploring shame/guilt dynamics in therapy*

***The content and structure of the seminar are suitable for both psycho- and bodytherapists.***