

**Shame in the Therapy Hour:
Recognizing, Managing, and Transforming Our Darkest Emotion**

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Saturday, March 26, 2016
10:00 am – 12:00 pm

Location: Kiva Theater, University of Arizona Student Union

Although clinicians often use the terms “shame” and “guilt” interchangeably, ample research indicates that these are distinct emotions with very different implications for motivation and behavior (Tangney, et al., 2007). This workshop summarizes research on the phenomenology of shame and guilt (Wicker, et al., 1983; Tangney, et al., 1996), as well as clinically relevant empirical work demonstrating a link between shame and denial, defensiveness, and aggression (e.g., Stuewig, et al., 2010). Although ubiquitous in clinical settings, shame is a silent emotion. Clients rarely announce that they feel shame. Participants will become familiar with empirically validated verbal and non-verbal markers of shame (Keltner, 1995). Strategies for responding to, managing, and transforming or resolving client shame will be discussed, drawing on a handful of explicitly shame-focused therapies with empirical support (Gilbert, 2014; Rizvi & Linehan, 2005), augmented by observations of “master clinicians” presented in a recent edited volume on *Shame in the Therapy Hour* (Dearing & Tangney, 2011). The workshop will close with a consideration of therapists’ shame, as well as shame in supervisor-supervisee relationships.

Objectives:

- 1) Become familiar with research distinguishing shame from guilt, and their associated motivations to hide, blame, or repair
- 2) Recognize empirically validated verbal and nonverbal signs of shame in clients
- 3) Become familiar with a range of strategies for responding to, managing, and constructively transforming client shame
- 4) Recognize ways in which therapist shame can impact the therapeutic process

Dearing, R. L., & Tangney, J. P. (Eds.) (2011). *Shame in the therapy hour*. Washington DC: American Psychological Association.

Gilbert, P. (2014). The origins and nature of compassion focused therapy. *British Journal of Clinical Psychology*, 53, 6-41.

Keltner, D. (1995). Signs of appeasement: Evidence for the distinct displays of embarrassment, amusement, and shame. *Journal of Personality and Social Psychology*, 68, 441-454.

Rizvi, S. L., & Linehan, M. M. (2005). The treatment of maladaptive shame in borderline personality disorder: A pilot study of “opposite action”. *Cognitive and Behavioral Practice*, 12, 437-447.



- Stuewig, J., Tangney, J. P., Heigel, C., Harty, L. & McCloskey, L. A. (2010). Shaming, blaming, and maiming: Functional links among the moral emotions, externalization of blame, and aggression. *Journal of Research in Personality, 44*, 91-102. doi: 10.1016/j.jrp.2009.12.005.
- Tangney, J. P., Miller, R. S., Flicker, L., & Barlow, D. H. (1996). Are shame, guilt and embarrassment distinct emotions? *Journal of Personality and Social Psychology, 70*, 1256-1269. doi: 10.1037/0022-3514.70.6.1256.
- Tangney, J. P., Stuewig, J., & Mashek, D. J. (2007). Moral emotions and moral behavior. *Annual Review of Psychology, 58*, 345-372. doi: 10.1146/annurev.psych.56.091103.070145.
- Wicker, F. W., Payne, G. C., & Morgan, R. D. (1983). Participant descriptions of guilt and shame. *Motivation and Emotion, 7*, 25-39.

**Registration is FREE, but all who wish to attend must RSVP
online at the following link:**

<http://goo.gl/138KJ3>

This event is co-sponsored by the University of Arizona Clinical Psychology Training Program
& the Southern Arizona Psychological Association (SAPA)

