

# Getting Unstuck: Processing Trauma-Induced Guilt & Shame

Presented by Natalie Zlodre, MSW, RSW

## Workshop Details

**October 4, 2019**

**9am – 4pm**

## Location

**Quality Inn &  
Conference Centre**

**Festival**

**1144 Ontario Street  
Stratford, Ontario**

## Fees:

Early-Bird Rate: \$199 + HST

After Sept 3: \$219 + HST

*Fee includes lunch, morning and  
afternoon refreshments.*

*\*Discounted rates are available for  
groups of 5+ people registering  
together OR for individuals  
registering for more than one  
workshop\**

## Registration

Register online at

**[missionempowerment.ca](http://missionempowerment.ca)**



## About the Workshop

For decades the therapeutic work of PTSD was processing fear, helplessness and horror. Recently the DSM has expanded the definition of PTSD to include guilt and shame. Evidence-based research indicates that unprocessed/unresolved guilt and shame are risk factors for developing and maintaining PTSD symptoms as well as compromising the healing process for clients with Complex PTSD and Developmental Trauma.

In this workshop we will define guilt and shame and outline their similarities and differences. We will review the different subtypes of both emotions. We will review how we organize our conversations with clients and how we help clients face the unspoken needs and dilemmas that drive the guilt and shame experience.

## Participants Will Learn To:

- Understand the 7 Types of Guilt
- Process conversations when: the client feels guilty but is not guilty; client has a distorted view of their role in a negative experience and when the client is guilty
- Understand the 7 Types of Shame
- Distinguish between Passing Through Shame and a Shame-Prone Identity
- Pinpoint the source of a Shame-Based Identity and the 4 corresponding adaptations
- Understand the connection between dissociation and shame
- Understand Shame-Prone entrenched patterns and how to consciously change them

## About the Presenter

Natalie Zlodre, MSW, RSW, is the Director of Community Resources and Initiatives, a trauma-informed consulting firm that provides clinical consultation and supervision to mental health professionals and organizations. Previously, she was Head of the Trauma and Resiliency Centre and Associate Director of Training at the Gail Appel Institute, Hincks-Dellcrest Centre. She is known for her direct and lively style and her ability to translate complex theories about traumatic responses into relevant practices for post-traumatic growth in vulnerable populations.

# mission: empowerment!

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