



ATTACHMENT AND SHAME

PROGRAMME

9.30am	Welcome and technical tips
9.35am	Meet your Buddies
9.40am	Session 1: The Origins of Shame
	Early childhood deficits – Healthy vs Toxic Shame
	The Invasive and Pervasive Effects of Shame
10.10am	Buddy Group Discussion
10.25am	Break (10 mins)
10.35am	Session 2: Erikson and the Psychosocial Crisis
	Primitive Shame-based Behaviours - Shame and Abandonment
	Shame and Groups
11.00am	<i>Demonstration: Nesting Dolls and Sandtray work</i>
11.15am	Buddy Group Discussion
11.30am	Break (10 mins)
11.40am	Questions and Comments
11.50am	Session 3: Attachment and Shame in the Counselling Room
	Different Attachment Behaviours – the Shame of Needing Therapy
	– Malicious Scripts
12.10pm	Buddy Group Discussion
12.25pm	Break (5 mins)
12.30pm	Session 4: Rupture and Repair
12.40pm	Questions and Comments
12.50pm	Say Goodbye to your Buddies
12.55pm	Updates and Information
13.00pm	Finish