

# EFT Booster #10: Working with Shame

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## Learn How to

- Identify shame blocks within the couple
- Recognize how shame inhibits the alliance between you and your client
- Enhance your skills in working with shame
- Stay present and engaged while leaning into shame
- Utilize shame to help create healing within the couple relationship

## Shame

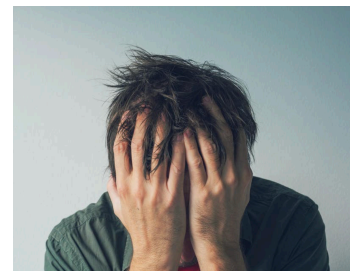
- ♦ A painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior
- ♦ Feeling or embarrassment or humiliation in relation to the perception of having done something dishonorable, immoral or improper
- ♦ Painful feeling mixed with regret, self-hate and dishonor
- ♦ Belief that “I am bad” or belief that “others see me as bad”



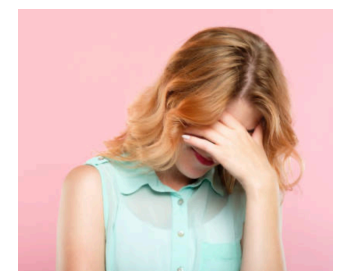
“Everyone can see how awful I am”



“Stop, don’t come any closer”



“I am awful, I have to hide”



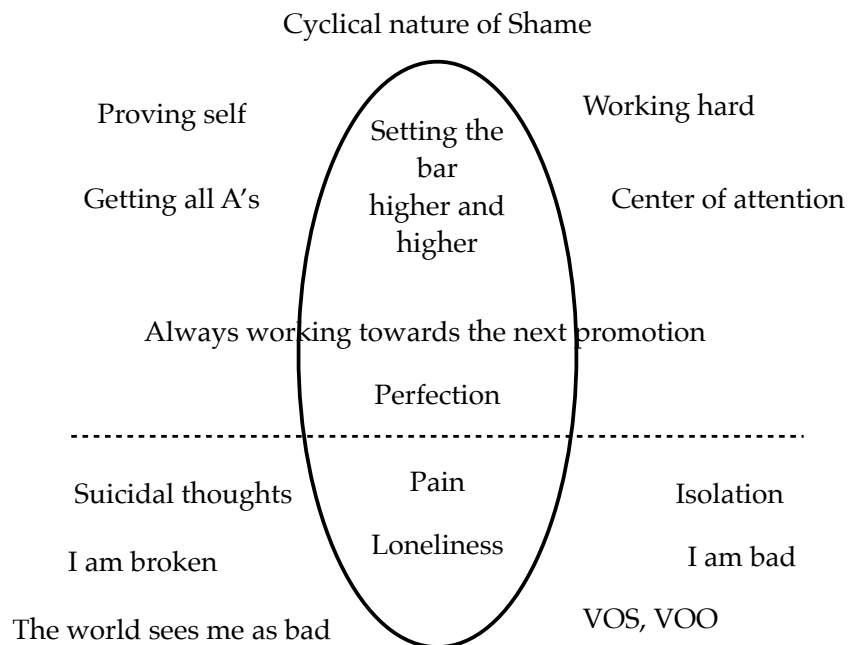
“I can’t bare to let you see me”

# Healthy Shame

- ◆ Keeps us be honorable and maintains social norms
- ◆ Keeps our society safe
- ◆ Allows us to feel remorse or regret
- ◆ Motivates us to acknowledge an “oops” and apologize for it

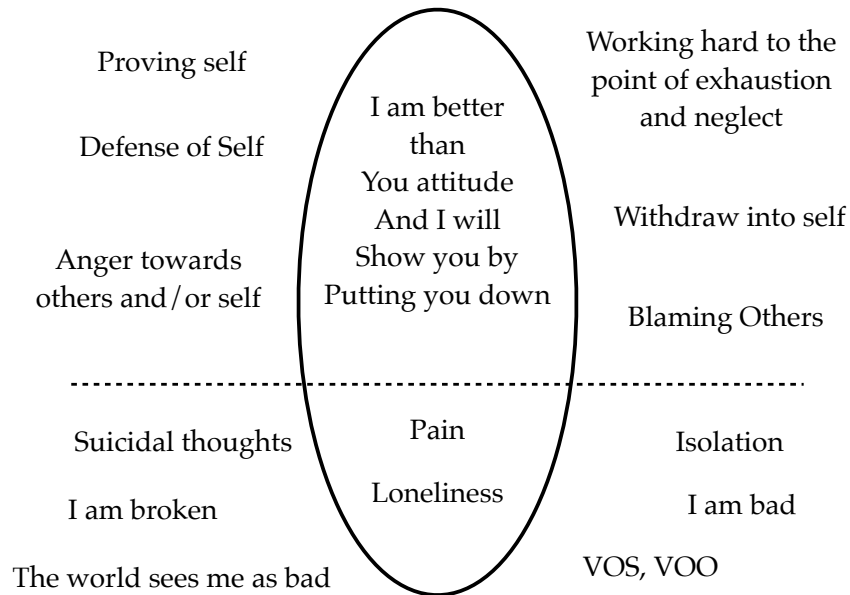
# Destructive Shame

- ◆ Destroys/ prevents emotional connection
- ◆ Fuels self-hatred and / or disgust
- ◆ Cyclical pattern that is reinforced
- ◆ It is like being shackled into the pain



***“If I don’t keep working hard and showing the world and myself that I am good — my bad will take over and I will become the monster I am meant to be- bc ultimately that is who I really am”***

### Cyclical nature of Shame



## Shame on the outside

- ◆ Withdrawal
- ◆ Defensiveness
- ◆ Anger
- ◆ Condesending

## Shame on the inside

- ◆ Dark
- ◆ Sadness
- ◆ Broken/damaged/ No good
- ◆ Not worthy or deserving

## Self Reflection

Be curious about ourselves

- ◆ How does our life experience impact us?
- ◆ Where does healthy shame show up for you and destructive shame?
- ◆ Have you ever touched the pain of shame within yourself? What happened?
- ◆ What comes up for you around sitting with clients while they swims in shame?
- ◆ **\*\*\*WHAT DO YOU BELIEVE about healing shame? \*\*\***



# Challenges for EFT Therapist

- ◆ Fear of making it worse by helping client touch shame
- ◆ Fear my own shame will be touched and I will lose my emotional balance
- ◆ Fear that I will not be able to create a container of safety to work shame
- ◆ Being able to see past the outside and notice the shame

# Negative cycles

- ◆ Fuel Shame
- ◆ And Shame fuels negative cycles

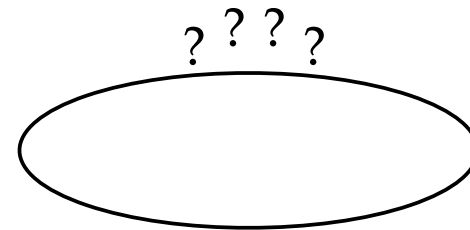
# Case 1- Stepping into Shame

- ◆ Noel and Josh: negative cycle for years. He has significant trauma HX and he learned early on the way to cope is to shut down - he is recovering alcoholic. Noel gets angry and lashes out
- ◆ Goals of therapist: make room for Josh to explore his experience more and make sense of his coping - maybe take a risk with wife and let her into his shame

NOW Imagine there is no block

## Client

Sharing  
The darkness  
of shame:  
Weeping in  
session  
"I don't deserve  
to be loved"  
"I am a monster"



## Therapist

How does this  
Land for you?  
Can you feel  
the clients pain?  
What does it  
evoke in you?  
What message  
Do you send back  
To the client?

## Case 2 -Steps Toward Healing

- ◆ Sue and John: She is an over talker and was a good pursuer in giving John the message he needs help - he is the problem - this fuels his shame.
- ◆ Goal of therapist: to help John access more deeply and bring the shame to the surface in way to start the process of healing

## Key Points

- ◆ Recognize how your own feelings toward shame can impact your work.
- ◆ Healing shame is a process and in the beginning it can be a block that fuels cycles.
- ◆ Exposing shame to an loved one and being loved in that place breaks the binds of shame.