



SHAME: The Misunderstood Emotion

Presented by Keith Witt, Ph.D.

Seminar Description

Shame can positively impact development, relationships, healing work, parenting, and spirituality.

Dr. Witt uses lecture, music, clinical demonstration, and experiential learning to explore shame and how it can support health and enhance psychotherapy. He examines shame from a variety of perspectives including interpersonal, neurobiology, integrally informed psychotherapy, evolutionary psychology, development, and socialization.

Objectives: Participants will be able to describe:

- The central importance of shame emotions
- Essential aspects of the neurobiology and evolutionary psychology of shame
- Identify their personal natural healing style
- Core features of Integral Psychology
- How masculine and feminine aspects inform our identity, relationships, and development
- How shame dynamics inform spiritual practice

J&K Seminars Home Study Program - 12 hours credit

1 Developmental & Social Importance of Shame

- Neurobiology of the shame response
- The beautiful, good, and true validity standards
- Growth mindsets and fixed mindsets
- Mind-map of our natural healing style
- Potential benefits of applying shame dynamics

2 Shame, Intimacy and Evolution

- Complexity theory
- The mammalian nervous system
- The crucial FOXP2 mutation
- Approval and disapproval

3 Shame and Secure Attachment

- Bowlby, Ainsworth, Main - Attachment Theory
- Requirements for secure attachments
- Shame and parenting

4 Developmental Lines and Levels

- Integral Psychology and developmental lines
- Spiral Dynamics: through different worldviews
- Changing nature of shame dynamics with successive worldviews - applications to treatment

5 Sexuality & Shame

- Masculine & feminine aspects core sexual essence
- Erotic polarity -
- How shame informs psychosexual development
- How to minimize developmental distortion and unravel tangles of sexual identity & erotic polarity conflicts

6 Defensive States and Shame

- Neurotic and characterological defensive states
- The human hierarchical response to stress
- Development and enactment of defensive states

7 Shame and Spirituality

- Ascending and descending spirituality
- Using shame as a spiritual guide toward unity

8 Autobiographical Narrative & Personal Myths

- Embracing and enhancing our personal myths
- Shame as a guide, moderator, and regulator in our personal myths
- "High variability" health standards

Keith Witt, Ph.D.

Dr. Witt is a licensed psychologist and marriage & family therapist who has taught and practiced psychotherapy in Santa Barbara since 1973. He is a professor at the Santa Barbara Graduate Institute and has written four books: *The Gift of Shame*, *The Attuned Family*, *Waking Up*, and *Sessions*. His article, *Developmental Engagement Field Theory*, can be found in the summer 2009 edition of the *Journal of Integral Theory and Practice*.

Dr. Witt received his M.A. in Counseling Psychology from UCSB in 1975, and his Ph.D. in Clinical Psychology from The Fielding Institute in 1982. He has conducted over

fifty thousand therapy sessions in Santa Barbara with individuals, couples, and families from all walks of life and a full spectrum of cultures.

In the last decade Keith has been synthesizing and applying Integral Psychology, various teachings about the masculine and feminine, ascending and descending spiritual practices, developmental neurobiology, manifestation systems, and attachment research. This work has yielded classes, workshops, books, and clinical training organized around the principle that therapists best serve by discerning and enhancing their natural healing styles.

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