

Shame: It's Time to Start Talking About It

Shame is a universal experience taboo to discuss in our culture that leads us to believe that we are not "good enough." Silence allows it to build inside of us, leading to the development what Brene Brown calls "Strategies of Disconnection" or interpersonal defense mechanisms to manage the intensity of the pain. These defenses act as self-preservation but keep us in the stickiness and cyclical feeding of the shame, leading to mental health challenges, interpersonal conflicts, complacency and lack of self-efficacy.

Join me in learning about shame - what it is and how it develops, along with ways to recognize strategies of defense in your clients and selves. From there, we will build our capacity to face and find healing from our shame stories and develop a sense of resiliency to protect us, as practitioners, as well as our clients. We will also take a deeper dive into practical changes to make to interviews, intakes and the services provided to people in crisis to think about more comprehensive and inclusive responses that consider both their and your own shame narratives.

Kyira Wackett, MS, LPC is an artist, public speaker and community advocate. She holds a Master's Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities' at large, empowering self-exploration and cultivating opportunities for growth - both personally and professionally. In 2017, her company received an America's Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.

\$35 Members/\$135 Partial and Non-members

(includes materials)

8.0 CEH's