



Workshop Working with Shame and Anger

with Dr. Leslie Greenberg, in Bern

31.10. - 01.11.2023

Shame and anger both appear to play a crucial role in therapeutic change. Maladaptive shame and arrested anger are both sources of psychological distress. Maladaptive shame needs to be accessed in therapy in order to transform it whereas previously unexpressed anger, rather than being controlled needs to be expressed in order to serve its adaptive function. How to work with these two emotions in psychotherapy often presents challenges to therapists and clients alike. In this workshop we will discuss each of these emotions, their relationship with each other, and how to work with each of them to produce change. The underlying experience of shame often manifests in overt anger. It's easier for people to feel angry than to feel shame. Anger often protects against shame. On the other hand, people often feel ashamed of their anger. Because anger is so often socially unacceptable people feel ashamed of being seen as losing control. Anger doesn't always need anger management sometimes anger expression is therapeutic.

Shame and anger therefore often are sequenced, and they interact. So anger can be both a consequence of shame, a cause of shame or a cure of shame. Shame at times can also help people transform anger into harmony

and conciliation, into healing apology or even submission. In this workshop we will discuss how to transform maladaptive shame, often with adaptive anger, and how to access suppressed anger.

Trainer

Leslie S. Greenberg, PhD, is Distinguished Research Professor Emeritus of psychology at York University in Toronto and the primary developer of emotion-focused therapy. He authored the original books on Emotion in Psychotherapy (1986) and Emotionally Focused Therapy for Couples (1988). More recent books include Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power (2008), Therapeutic Presence: A Mindful Approach to Effective Therapy (2012), Emotion-Focused Therapy: Theory and Practice (2015), Case Formulation in Emotion-Focused Therapy (2015), Emotion-Focused Therapy of Generalized Anxiety (2017), Emotion-Focused Therapy of Forgiveness (2019), and Changing Emotion With Emotion (2021). Leslie Greenberg has received the Distinguished Research Career Award from the International Society for Psychotherapy Research as well as the Carl Rogers Award and the Distinguished Professional Contribution to Applied Research Award from the American Psychological Association. He also has received the Canadian Psychological Association Professional Award for distinguished contributions to psychology as a profession. He is a past president of the Society for Psychotherapy Research. Les currently trains people internationally in emotion-focused approaches

Further informations

Dates: 31.10.-01.11.2023 (2 days, Tue-Wed)

Location: Vatter Businesscenter, Bärenplatz 2, 3011 Bern

Times: 9:15-17:00 MEZ

Language: English

Target Audience: Interested professionals

Cost: CHF 790.-

Credits: FSP: 14 / SGPP: 10. Recognition is according to the guidelines of the respective professional society.

Registration: Online (www.ieft.ch) by filling out the form. The number of places is limited. The course will only be held if there are enough registrations.

Registration deadline: 31.07.2023

Cancellation policy: Cancellation of the binding registration by the participant is possible up to 90 days before the start of the course. In this case, only the administrative costs (CHF 50.-) will be charged. In case of withdrawal of the registration less than 90 days before the beginning of the course, the full amount of the course will be charged.

Organisation and Contact: Institut für Emotionsfokussierte Therapie Schweiz IEFT.ch, Länggassstrasse 23, 3012 Bern, www.ieft.ch info@ieft.ch