

## Continuing Professional Development Workshop

# *Shame, guilt and Self-Esteem*

*Workshop held online*

Led by: John Baxendale, MSc, PTSTA, Principal of Wealden College

**Saturday 31 October 2020 (09.30 - 16.30)**

This workshop will enable participants to gain further understanding of the sense of utter worthlessness that we call shame. It will look at the roots of shame in early life experience and subsequent traumatic events. Approaches to treatment will be explored along with associated skills practice. We will explore the differences in nature and origin between shame and guilt, and the impact of these on our sense of self-esteem.

This workshop will use concepts from Transactional Analysis and other theories to explore the origins of guilt and shame, and using Berne's energy theory to propose a model of therapy. Some therapeutic techniques will be explained as well as an opportunity for skills practise.

### About the Workshop leader

John is a UKCP accredited psychotherapist, a Provisional Teaching and Supervising Transactional Analyst, and accredited EMDR Practitioner and a LENS Neurofeedback practitioner. John has many years of experience in the caring professions in Western and Eastern Europe. He has a clinical practice at the Wealden Institute. He has an Advanced Diploma in Forensic Counselling and Psychotherapy and has an interest in working with survivors and perpetrators of abuse, and with survivors of religious abuse.

**This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 119**

**Venue: Wealden Institute Crowborough – workshop held online**

**Workshop Entry requirements:  
All levels post TA101**

I would like to book a place on the 'Shame, guilt and Self-Esteem' Workshop  
On Saturday 31 October 2020 (09.30 - 16.30) at Wealden Institute Crowborough

TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:	
DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 119
Our preferred payment method is by online Bank transfer to (please reference with your name): Account number: 91275682. Sort Code:40-18-39 NB. Your booking will not be accepted until payment is confirmed; both prepaid and paid workshops are non-refundable if cancelled within 3 weeks of the workshop date.	