

Shame and Belonging ~ a Relational Approach

Friday 16th May 2014, 9.30am - 5.30pm

Venue: University of Strathclyde, Glasgow

Facilitated by Sue Glasser

New and compassionate perspectives on shame have been forged in recent times. Feelings of shame and isolation can be paralysing in varying degrees, and often become hidden by displacement behaviours. This prevents meaningful connection and creates difficulty in forming a sense of belonging with others, and with our environment.

In this workshop we will explore a humanistic model that is supportive and liberating (it is based in Gestalt... but you do not need to know this orientation, it is coherent with many therapeutic backgrounds). Experiential exercises, including somatic awareness and creative movement, will provide an entry point. We will sharpen our perception of shame as an indication of relational distress. We will strengthen our capacity to build relational bridges within ourselves and in response to others, honouring our yearnings for responsive, creative and intimate contact.

This is an opportunity to ...

- Explore a fresh way of working with unspoken dynamics that govern interaction, attachment, sense of self, and relationship functionality
- Bring to awareness, from a relational perspective, physical information and creative impulse
- Expand on ways to be with, and transition out of, survival strategies that mask states of shame/disconnection
- Apply new learning practically to our own and others' yearning for connection

Morning: Experience and Theory

- Access somatic flow and resonance
- Relational experiences of connection and disconnection
- Redefine shame via neurobiology and positive function
- Key principles of working with shame

Afternoon: Practise and Application

- Deepen relational experience of inclusion/exclusion
- Relational interventions to 'de-shame' core contact
- Explore personal and professional examples
- Consolidate and integrate

No prior experience of movement needed. The session will be inclusive of all, regardless of ability, health or culture - ... just bring along your body.

- This course could be taken for continuing professional education credit

Cost: Before Fri 7th March 2014: **£95** or After Fri 7th March 2014: **£125**

In order to keep costs to a minimum, catering is not included in these costs

Register via our online shop at: <http://onlineshop.strath.ac.uk/>

Contact: jan.bissett@strath.ac.uk or 0141-444 8415

for further information on this workshop, the facilitator, ways of applying for this course or other APT events

About the Facilitator

Sue Glasser is a Group Facilitator and Organisational Development Consultant accredited with the UK Humanistic Association of Psychology Practitioners, and holds an OCN Workplace Mediation Certificate. She is mentored by Robert Lee PhD, faculty of Gestalt Institute of Cleveland USA, who is a key Relational Gestalt Theorist as applied to relationship functionality and Neurobiology.

Subsequent to a dance career, Sue continues as a choreographer and movement specialist. Combined with Applied Psychotherapy (and instigating the first such UK qualification) her coaching and training programme, *Movement at Work*, links physical, emotional and relational awareness. Annual work in South Africa, where Sue grew up, keeps her in touch with the Rainbow Nation and our collective, ongoing recovery from Apartheid.

In 2013 Sue attended and contributed to the Esalen Institute Evolution of Gestalt Theory conference on working with couples.