

Los Angeles CAMFT Somatic Therapies Special Interest Group
invites you to our next workshop



WITH BRET LYON, PHD, SEP, AND SHEILA RUBIN, LMFT, RDT/BCT

WHEN: SUNDAY, OCTOBER 6, 1PM TO 5PM

REGISTRATION AND INFORMAL NETWORKING: 1:00 - 2:00

WHERE: WESTSIDE PAVILION COMMUNITY ROOM B.

PICO AND WESTWOOD, WEST LA

REGISTER AT WWW.LACAMFT.ORG

Shame is both a primary emotion and a freeze state. It causes much of the same physical and emotional freezing as trauma, forming a downward spiral that is hard to break. In spite of its universality and its power, shame is rarely acknowledged in our culture and has been terribly neglected in most psychotherapy and other helping professions. **Shame is perhaps the most painful of all emotions.** It binds with and hides behind other emotions, such as anger and fear, so that it is often hard to detect. **Shame often fuels and promotes the negative cycle within a couple.** Where there is blame, there is shame.

For many clients who don't get better in therapy, shame – unacknowledged and not worked through – is the primary factor. Both therapists and clients need to be educated about shame – how it develops, what it is and how it works. **Our Training Workshops are designed to help therapists show clients how to recognize shame, work through it and move on.**

Bret Lyon, PhD, SEP has been a teacher of Somatic and Emotional Mindfulness for over 30 years and holds Doctorates in both Psychology and Drama. He is certified in Focusing and Somatic Experiencing® and has trained in EFT, in AEDP, in Coherence Therapy and in Reichian Breathwork.

Sheila Rubin, MA, LMFT, RDT/BCT is a Marriage and Family Therapist, a Registered Drama Therapist and a Somatic Therapist. She has integrated somatic, and expressive modalities with EFT to work with couples, adults and children who have shame and trauma. Along with EFT, she is trained in AEDP and Hakomi and has developed techniques to work with the all-pervasive shame that underlies eating disorders and addictions.



RSVP BY SEPTEMBER 30. LIMITED TO 75 PARTICIPANTS

PRICE: \$25 3 CEUS PROVIDED

Provider PCE 2600. Course meets qualifications for 3 hours of continuing education credit for MFTs, LPCCs, and/or LCSWs as required by the California Board of Behavioral Sciences.

Refund Policy: Registrants who do not attend or fail to request a refund one week prior to scheduled event will be charged full fee. A \$20 charge will be applied to denied credit cards charges.