



When Shame Enters the Therapy Room

With Dr Ruth Birkebaek

Saturday, 1st March 2025, 1000-1630, IN PERSON

Venue: St John's, Marlborough, Wilts

In this workshop we will discuss how the power dynamics in the therapeutic relationship and supervisory relationship can foster shame. Sometimes the archaic relational needs or the transference-countertransference dyad of the therapist or supervisor may be activated in the therapeutic/supervisory relationship, interrupting contact. This lack of contact from the therapist or supervisor may activate script beliefs in the client or supervisee and then shame invades the relationship - nondisclosure and self-righteousness become the supervisee's/client's self-protective mechanism against shame.

How can we repair our own mis-attunement and build safety when shame enters the therapeutic/supervisory relationship?

Participants will learn to:

- Understand the interpersonal and intrapersonal dynamics of shame
- Attune to the cognitive, affective and physiological manifestations of shame
- Attune to one's archaic relational needs and its impact in the therapeutic/supervisory relationship
- Repair the mis-attunements that may foster shame

This workshop will be didactic and experiential. Through a mix of lecture, case-discussions and live demonstration this training will help clinicians to create a respectful, contactful, authentic and involved therapeutic/supervisory relationship to heal shame.

Ruth Birkebaek is a Relational and Integrative Psychotherapy Trainer and Supervisor, having trained for 5 years with Richard Erskine. Additionally, Ruth has trained in Psychosomatic Medicine, Jung Therapy and Transactional Analysis. Ruth started her career in Brazil in 1989 as a Plastic Surgeon. After graduating from medical school she became interested in the impact of the mind on the development of physical illness. She now works full time as a psychotherapist and supervisor in private practice in London, and delivers trainings in Relational Integrative Psychotherapy and Transactional Analysis. Ruth is a UKCP registered Psychotherapist, a Certified Integrative Psychotherapy Trainer & Supervisor (CIPTS) by the IIPA (International Integrative Psychotherapy Association) and a Certified Transactional Analyst - Provisional Trainer & Supervisor (PTSTA).

This is an IN PERSON-ONLY EVENT

Open to psychological therapists (including trainees) from all modalities and healthcare professionals.

Early bird price before 1st February: £110, or after £120 CPD certificates will be supplied

Refreshments and parking included but not lunch

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Each delegate is responsible for self-care should material within our professional events trigger difficult feelings.

