

## Abstract Parts

### Brainspotting Conference 2020

**Presenter Information and Affiliation:** Michael J. Maley, Ph.D (Psychology), Private Practice, Brainspotting Phases 1,2,3,4, Master Class, Intensive.

**Presenter Biography:** Michael J. Maley, Ph.D., LP. Graduated from the Massachusetts Institute of Technology in 1961, and from the University of Minnesota Graduate School in Psychology in 1967. Currently he is a practicing clinical psychologist in Minneapolis, Minnesota, specializing in the treatment of trauma and mood disorders. His clinical work is a blend of several traditional and alternative therapeutic methods including EMDR, Energy Psychology, Bodywork, Mindfulness practices, and Brainspotting. He teaches seminars internationally on the treatment of traumatic conditions and personal transformation. He is the author of the book Living in the Question: An Exploration of Formlessness, Change, and Healing, (1995).

#### **Learning Objectives:**

1. An understanding of the shame process and the physiology of the freezing response and attachment experiences that create shame.
2. How to 'bring shame into the light' and address the ways in which chronic shame affects the functioning of the person.

3. Discuss how the Brainspotting methodology (including relational and neurological attunement) can be applied to the presence of shame and can be used to deconstruct the freezing response and the dissociation that accompanies chronic shame.
4. Discuss the ways in which the Brainspotting set-ups can be used to address the underlying issues that can be covered by shame.
5. Introduce methods to create resilience, social engagement, mindfulness/presence, and effective emotional expression.

**Teaching Methods:** Slide presentation / Discussion Q & A / Experiential

**Abstract:** Engaging Chronic Shame with Brainspotting

Michael J. Maley, Ph.D.

The ways in which the affect and emotion of shame influence personal change is one of the least known and most troublesome aspects of psychotherapeutic work. Shame affects every aspect of our emotional life, and along with emotional flooding, represents the most common sources of blocking of mindfulness and processing. The presence of shame is difficult to detect, has often not been a conscious part of the client's experience, and by its very nature both hides underlying issues and creates confusion.

This presentation includes:

- The importance of 'bringing shame into the light' and the role of

psychoeducation in helping the client understand and reframe the shame experience...

- The role of early attachment experiences in the creation of shame patterns and the importance of relational attunement in the processing of shame...
- The basic nature of the shame experience and the underlying feeling states that it attempts to manage...
- The physiological foundations of shame and the contribution Polyvagal Theory makes to understanding how shame manifests in our cognitions, emotions, and body experience...
- The tools that Brainspotting uses to help the client move through the shame experience, the deconstruction of the freezing response, engaging brainstem/limbic patterns of implicit memory networks, and the strengthening of mindfulness, relational connections, social engagement, and creativity