

# Compassionate Mind: Working with emotional memories in shame based trauma

*A one day workshop with Dr Deborah Lee*

Shame-based trauma memories are highly distressing and disturbing. High levels of self-criticism appear to maintain the sense of current psychological threat. The personal meaning conveyed in the fragmented images and flashbacks is often painful, condemning and shaming.

This workshop will explore how clinicians can use a compassionate mind to create new emotional meaning for shame based trauma experiences. It will present techniques of how to develop a compassionate trauma narrative, work with shame based flashbacks and use compassionate focused problem solving to work with trauma meaning. It will explore using compassionate inner dialogues to end self-critical maintenance cycles of current threat.

The workshop will focus on clinical skills of weaving compassion into trauma memory work. There will be an assumption that attendees have some knowledge of compassion-focused therapy

**Dr Deborah Lee** is a Consultant Clinical Psychologist and Head of Berkshire Traumatic Stress Service. She is also an honorary Senior Lecturer at University College London. She has worked in the field of trauma for 20 years and specialises in the treatment of PTSD and complex Trauma. Her particular area of clinical and research interest is in shame based PTSD and self-criticism. She has developed the use of compassion based treatments including the use of compassionate imagery in shame based flashbacks to enhance clinical practice in this field. She has widely contributed to the dissemination of her clinical knowledge through writing and delivering over 150 clinical workshops and talks in north America and Europe.

**This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.**

5<sup>th</sup> January 2019, 0930 – 1630  
Trinity College  
Broad St  
Oxford  
OX1 3BH

Prices including lunch & refreshments  
Until 5<sup>th</sup> Dec 2018 - £120 plus vat  
From 6<sup>th</sup> Dec 2018 - £135 plus vat  
For more information or to reserve a place visit :- [www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)