

# **A Compassionate Approach to Recovering from Shame- Based Trauma and PTSD**

**With Dr Deborah Lee**

Shame-based trauma memories are highly distressing and disturbing for most people. 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 2 day workshop will introduce the use of a compassion focused Therapy ( Gilbert 2009) as a way to work with the affect of shame especially in the context of shame based flashbacks and trauma experiences . This workshop will explore the theoretical and practical understanding of using compassionate images to work with these flashbacks in order to enhance feelings of self soothing, safeness in the memories and reduce self critical maintenance cycles.

In particular it will explore the importance of teaching techniques such as using compassionate imagery within reliving of the trauma memories, and development of the capacity to self soothe to those who feel deeply shamed about who they are and what they have been through.

**Dr Deborah Lee**

Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and South Central Veterans Service. She is also an honorary Senior Lecturer at University College London. Dr Lee 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.

**Suggested pre-course reading:**

Lee, D.A.( 2012). *A compassionate Approach to Recovering from Trauma. A self help guide to recovery.* Constable Robinson, London.

Gilbert, P. (2009). *The compassionate Mind.* Constable Robinson, London

Gilbert, P (2005) *Compassion: Conceptualisations, Research and Use in Psychotherapy.* London Brunner-Routledge.

Lee, D.A (2009). *Compassion Focused Cognitive Therapy For Shame-based Trauma Memories and Flashbacks in PTSD.* In Grey, N. (Eds.) *A Casebook of Cognitive Therapy for Traumatic Stress Reactions.* Chapter 15. London: Brunner-Routledge.

Lee, D.A. (2005) *The perfect Nurturer: Using imagery to develop compassion within the context of cognitive therapy.* In Gilbert (Ed.) *Compassion: Conceptualisations, Research and Use in Psychotherapy.* London Brunner-Routledge.