General Information

Location: Pyle Center, 702 Langdon St, Madison, WI

Time: On-site registration at 8:30am on Monday, May 4; workshop from 9 am-4pm both days with one hour lunch breaks (on your own).

Fee: $275 includes instruction, materials, CEUs, refreshments, and nonrefundable $20 administrative fee. Lunches are on your own.

Registration deadline: To ensure your place, please register as early as possible. To register call 608-262-2451 or online at: continuingstudies.wisc.edu/classes/shame-resilience

Cancellation policy: Program—In the event of bad weather or other emergencies, call 608-263-4432 or visit www.dcs.wisc.edu to learn whether a Continuing Studies program or class has been cancelled. Participant—If you are unable to attend or arrange for a substitute, you may obtain a refund minus the $20 administrative fee by contacting our registration department at least 3 business days before the program. If you cancel 3 business days or less before the program, or do not attend, you are responsible for the entire fee. To cancel or arrange for a substitute, please call 800-725-9692.

Accommodations: Please make your own travel and lodging arrangements. Visit the Extension Conference Center website (conferencing.uwex.edu/lodging.cfm).

Approved Hours/Continuing Education Credits: 1.2 CEUs =12 hours of professional continuing education. Participants receive verification of attendance at end of program. The Division of Continuing Studies at UW-Madison is an acceptable continuing education provider for the following: Social Workers: Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Continuing Studies maintains responsibility for the program. ASWB Approval Period: 4/27/2013-4/27/2016. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 12 continuing education clock hours. Wisconsin, Iowa, Illinois, Michigan, and Minnesota Boards of Social Work recognize ACE programs. Counselors: Continuing Studies is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP) #5990 and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. WI Psychologists, and Marriage and Family Therapists: This program qualifies as an accredited university continuing education course relevant to professional practice. WI Substance Abuse Counselors: This program qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters. Educators: This program may qualify towards your Professional Development Plans (PDPs). Other professions: Completion of this program qualifies for 12 continuing education hours. Contact your own board or organization for specific continuing education requirements.
Shame Resilience:
Guiding Clients Toward Wholehearted Living

“Nothing I do is ever good enough.”
“I feel so alone and lonely.”
“I am a complete failure.”

These are the words of shame—one of the most toxic and intense emotions we experience. Shame is universal—we all have it. Yet, few people are willing or able to talk about it. The more we don’t talk about it, the worse it becomes. Shame is a silent epidemic: psychological, social, and cultural.

During this new experiential two-day program, based in part on the research of Brené Brown and her Daring Way™ curriculum, you learn how to develop the language to talk about shame and process the experience in a meaningful way. Your instructor, Dr. Darald Hanusa, is an experienced Daring Way™ facilitator.

Brown (2007) defines shame resilience as a person’s ability to recognize and understand shame, move through it constructively while maintaining authenticity, and move on to develop the antidotes to shame—courage, compassion, and connection—the basic elements of wholehearted living.

Through a combination of didactic, experiential, and self-exploration methods, you will examine your own shame work and learn how to help others. Workshop topics include:

What is shame resiliency?
• Shame defined; shame vs guilt
• The manifestations of shame—protectors and defenders
• Shame outcomes
• Trauma as stored shame

Self-Examination
• TOSCA (Test of Self-Conscious Affect)
• Self-Compassion Scale

Wholehearted Living—the antithesis of shame
• The structure of Wholehearted Living

Vulnerability is a Verb
• Defining vulnerability
• Stepping into the “Arena”
• Communication skills—tools for use in the “Arena”

Defeating Shame—Working the Guideposts for Wholehearted Living

This workshop is designed to help you:
• Describe the origins of personal shame
• Recognize the difference between shame and guilt and embarrassment and humiliation
• Discover Brené Brown’s Guideposts for Wholehearted Living
• Explain the concept of vulnerability and use it constructively
• Identify shame self-protections or shields
• Develop the tools needed to stand up to shame
• Describe and use strategies of shame resilience: compassion, connection, belonging, and joy.

This program is designed for intermediate to advanced practice professionals, but offers strategies for all practice levels.

Meet your instructor:
Darald Hanusa (PhD) is a private practice psychotherapist with over 35 years of mental health experience. For the past 25 years he has focused on shame in his work with clients and is a certified Daring Way™ facilitator. Hanusa currently offers community-based shame resiliency groups through the Midwest Center for Human Services. In addition to being an experienced and respected workshop instructor, he is also a senior lecturer for the UW-Madison School of Social Work.

For more information contact:
Ann Whitaker 608-890-2747
awhitaker@dcs.wisc.edu
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