

DeShaming – Is There an Antidote to Toxic Shame?

Uwe Minde, Dipl.-Psych.

Workshop (optional)

Saturday, 28 September 2019, 4:00 p.m. – 5:30 p.m.

PBSP theory is focusing on the equation of energy, action, interaction, and meaning. Al Pesso used the term 'energy' as a metaphor for the becoming. Energy becomes shape and if there is a fitting countershape, the energy is flowing into the direction of life. Sometimes there is no suitable countershape. As therapist leading a PBSP Structure we are helping our clients to find the right time, right form and right relationship for the suitable interaction that met our needs.

The early experience of shame and humiliation is blocking the energy of becoming, at an early stage. If this happens before a child has words the only storage for this experience is the body. Shaming a child is still a common (bad) way to give a child limits. Without any corrective experience the body is drawing the picture of threat over and over again. DeYoung described the experience of shame as the 'experience of disintegration in front of a disintegrating other'.

Or as Daniel Siegel puts it: "Human connections shape the mental connections from which the mind emerges". (Siegel, 1999)

Like falling in love, therapy is reactivating the early attachment system. As therapists we try to help our clients in their healing process. We don't want to hurt them. Our clients come with a problem, they are suffering and in pain. We as therapist should not overestimate their consciousness for their own needs. Clients with a history of humiliation and disintegration may feel their own vulnerable parts as threats. Sometime, when we use microtracking and bring the clients beliefs as voices in the room we see how violating a humiliating voice can be. Working with shame is a challenge because like no other emotional issue it touches the shame of us as therapist. The trap of a silent agreement – better don't touch – is very close.

How can we deal as PBSP Therapist with this? Do we have place for shame issues and the aggressions that emerges in humiliating situations?

The aim of this lecture is to sensitize for this issue and to discuss some of our ideas how we can deal with shame in a PBSP structure.

Uwe Minde, Dipl.-Psych. (DE)

Uwe Minde is a psychologist. He worked 20 years in a psychiatric hospital. Mainly with patients suffering from psychosis or borderline disorders. Essentially with behavioural therapy and cognitive therapy. First contact with Al Pesso after setting up his own office. He is a certified PBSP therapist and supervisor. Since 2015 he has been designing various workshops together with Sabine Löffler. He is particularly interested in the healing aspects of real and symbolic interactions.

