

# Introduction to Shame Competence Training



## Training Overview

Our Introduction to Shame Competence Training is a concise and impactful **2-hour session delivered online** and designed to provide a foundational understanding of shame and its role in trauma-informed practice. Delivered online, with up to **75 people** on the call, it is a great way to get insights out from the training.

## Audience

Suitable for anyone looking to deepen their trauma informed practice or within a service facing organisation with a focus on emotional intelligence and practical approaches to shame.

## Topics Covered

### Why Understanding Shame is Important?:

Understanding how shame impacts engagement with services and how it is related to trauma.

### Introduction to Shame Concepts:

Understanding the basics of shame and its significance.

### The Shame Compass

Exploring hidden shame and how it guides behaviour.

### Recognising Shaming

Exploring hidden shame and how it guides behaviour.

*Training developed by:*

*Professor Luna Dolezal*

*University of Exeter*

*The Shame Lab - <http://shamelab.org>*

Shame experienced in encounters with professionals, such as healthcare workers, police, social workers and other care professionals, can lead to withdrawal, avoidance, inaccurate disclosures and other forms of disengagement. Shame also impacts professionals, and evidence shows that shame is related to burnout, stress and trauma.

The **Introduction to Shame Competence** 2-hour online training aims to enable individuals and organisations to begin to create and systematise nuanced and collaborative understandings of how shame is produced and experienced as a result of particular interactions, experiences, policies and practice, enhancing organisational and individual emotional intelligence, in order to understand the impacts and effects of shame within professional practice.

*“... Incredibly empowering and reassuring.”*

*“... exceptionally interesting and useful”*

*“100% strongly felt they would recommend the training”*