

Aberdeen Counselling Forum

'The Web of Shame in the Therapeutic Space'

Led by Christiane Sanderson

Saturday 6th September 2025 (10am-4pm)

Venue:

Garden Lounge of Fountainhall Church of Scotland, Harcourt Rd, Aberdeen, AB15 5NZ

About the workshop:

This workshop will examine the complex nature of shame, its origins and function. It will explore how shame may become chronic, how it regulates social behaviour, and its crippling long-term effects on individuals. It will look at concepts such as healthy, adaptive and intergenerational shame, covering a range of shame states and traits, as well as identifying various defences against it, such as withdrawal, attacking self, avoidance and attacking others. The workshop will also explore shame's links to self-harm, addictions, repugnant obsessions, perfectionism, narcissism, grandiosity, rage and violence.

Through experiential exercises, participants will be able to identify their own shame as well as that of their clients and evaluate the impact it may have on the therapeutic relationship. There will also be a focus on how to release shame and build resilience through different therapeutic techniques, strategies and experiential activities that will engage the creative, right side of the brain.

About the presenter:

Christiane Sanderson is a former senior lecturer in Psychology at the University of Roehampton, London with over 35 years of experience working in the field of childhood sexual abuse, sexual violence and complex trauma. She has delivered advice and training for parents, teachers, social workers, nurses, therapists, counsellors, the police and faith communities. Her research interests span trauma informed therapeutic practice, PTSD, Complex Trauma, CSA, domestic abuse and Narcissism. She is the author of *We Are Still Here: What Counsellors and Therapists Can learn from the Lived Experiences of Child Sexual Abuse Survivors*; *Working with Survivors of Sibling Sexual Abuse: A Guide to Therapeutic Support and Protection for Children and Adults*; *Counselling Skills for Working with Shame*; *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*; *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition; *Counselling Survivors of Domestic Abuse*; *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence 4th Edition*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths*; *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends*, and *Numbing the Pain: A pocket guide for*

professionals supporting survivors of childhood sexual abuse and addiction for the charity *One in Four* for whom she is a trustee.

Contact person for enquiries and booking:

Diane Crowe- Email: diane.crowe@gizgiz.co.uk

Please complete and email your booking form to:

diane.crowe@gizgiz.co.uk

ACF Booking Form for Workshop Saturday 06.09.25

PARTICIPANT NAME:

EMAIL ADDRESS:

TELEPHONE NUMBER:

PLEASE INDICATE APPROPRIATE PAYMENT BOX

| PAYMENT | |
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| ACF MEMBER - £50 | |
| ACF CONCESSION MEMBER - £45 (Low income, 60+, F/T student, counselling diploma student) | |
| ALL NON-MEMBERS - £65 | |

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If you wish to **cancel your booking**, provided at least three days' notice is given, you will receive a 50% refund.

Confirmation/receipts and certificates will be issued electronically unless requested otherwise.