

## Shame: The Underlayer of Self Destruction

So often shame is an issue left unaddressed in therapy. It's misleadingly referred to as "low self-esteem", which leaves our clients to only look at the superficial part of a deeper issue.

### Learning Objectives

- 1) Be able to identify shame in your clients
- 2) Learn effective ways to help your clients gain a better understanding of how Shame negatively impacts their ability to succeed
- 3) Learn about how various therapeutic techniques like CBT and EMDR can help expand the tools in your "Helper" toolbox