

THE PROBLEM OF SHAME



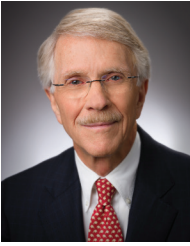
Menninger®



THE 2019 JOHN M. OLDHAM NATIONAL
MENTAL HEALTH SYMPOSIUM
SEPTEMBER 27, 2019

THE PROBLEM OF SHAME

THE 2019 JOHN M. OLDHAM NATIONAL MENTAL HEALTH SYMPOSIUM



OLDHAM

I am delighted to introduce Menninger's National Mental Health Symposium for 2019. As many of you will remember, the theme of our first symposium was "Mentalization – An Organizing Framework for Psychotherapy" followed by "The Problem of Suicide," both with an outstanding roster of speakers. The following year, we focused on "The Problem of Trauma," again with a great lineup of presenters. Moreover, the year after that, our theme was "Emotion Regulation and Dysregulation," a profound problem for a wide range of patients.

This year, after considerable discussion, we decided on "The Problem of Shame" as our central focus. All of us, of course, have secrets that we are ashamed of, which we do not reveal to others. However, for some of us, shame is a powerful force to be reckoned with, fueling persistent anxiety, depression, PTSD, substance use, emotion dysregulation, and many other dysphoric and symp-

tomatic states. Freud famously stated that psychoanalysis was like archeology since the main reason some conflicts persist is that they are buried, and the only way they can be solved is, first, to "dig them up." However, that is not so easy to do, and that is where we in the mental health field come in. With sensitivity and with the right pace, we can partner with our patients to turn painful shame into release, openness, and even, perhaps, the pride that goes with conquering our demons.

Our speakers this year are all experts in recognizing and understanding the problem of shame and its importance for all of us—from minor fears of embarrassment to major life roadblocks that can shut us down. I hope we will all, at the end of this day, be clearer-headed, more self-compassionate, and more courageous as we set about to unearth and dispel those things we are ashamed of but may not need to be.

A handwritten signature in dark ink, reading "John M. Oldham".

John M. Oldham, MD, MS
Program Chairman

Dr. Oldham is currently Interim Chief of Staff at The Menninger Clinic. He is a Distinguished Emeritus Professor of Psychiatry at Baylor College of Medicine, previously holding the Barbara and Corbin J. Robertson, Jr. Endowed Chair for Personality Disorders and serving as Senior Vice President and Chief of Staff at The Menninger Clinic. He is Secretary-General and Fellow of the American College of Psychiatrists (ACPsych). In addition, he is Past President of the following organizations: American Psychiatric Association (APA), ACPsych, New York County District Branch of the APA, South Carolina Psychiatric Association, International Society for the Study of Personality Disorders and Association for Research on Personality Disorders. He is also a Fellow of the Royal College of Physicians, Edinburgh, and Editor of the *Journal of Psychiatric Practice* and the *Journal of Personality Disorders*.



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Medicine

September 27 Program

8 am	Registration & continental breakfast
8:45 am	Welcome & introduction John M. Oldham, MD, MS <i>The Menninger Clinic</i>
9 am	 Behind the Walls: Shame in Organizations Brené Brown, PhD, LMSW <i>University of Houston</i>
10 am	Shame and Guilt: The Good, the Bad and the Ugly Revisited June P. Tangney, PhD <i>George Mason University</i>
10:45 am	Morning Break
11 am	Shame: Listen for It Cynthia Mulder, LCSW <i>The Menninger Clinic</i>
11:45 am	"I Thought People Like That Shot Themselves:" The Insidiousness of LGBTQ Shame Michael R. Kauth, PhD, <i>Menninger Department of Psychiatry & Behavioral Sciences, Baylor College of Medicine</i>
12:30 pm	Lunch
1:30 pm	 The Secret of Shame: Transforming Buried Pain into Authenticity and Voice Harriet Lerner, PhD <i>Private Practice</i>
2:30 pm	The Feeling that Destroys the Self: The Role of Mentalizing in the Catastrophic Sequelae of Shame Peter Fonagy, PhD, FBA <i>Anna Freud Centre & University College London</i>
3:15 pm	Summary & closing remarks John M. Oldham, MD, MS

REGISTER TODAY

Please register in advance to help us plan an optimal experience for you. Lunch and refreshments are included.

Professional Rate - \$250
Student Rate - \$125

Open the registration link to sign up: <http://bit.ly/2QcUr14>

SYMPOSIUM LOCATION

Norris Conference Centers
– Houston CityCentre
816 Town and Country Blvd,
Suite 210
Houston, TX 77024
713-590-0950

Map – <http://norriscenters.com/houston-citycentre-map/>

PARKING

Ample free parking is available in the garage attached to the Norris Conference Centers. For direct access, park on the Third Floor of the parking garage and follow the signs to the Center's Red Oak Ballroom.

For those entering from Hotel Sorella or at street level, note that the Center's Red Oak Ballroom is located on Level 2, the hotel lobby level.

Please give yourself a few extra minutes in the morning to get to the conference center if you have not been there before. Please avoid parking in reserved spots.

HOTEL INFORMATION

Hotel Sorella
800 Sorella Court
Houston, TX 77024
713-973-1600

Please click [this link to Hotel Sorella](#) to access these symposium rates.



Behind the Walls: Shame in Organizations

Brené Brown, PhD, LMSW – MORNING KEYNOTE



Brown

Why is shame often used as a management tool in organizations, schools, and places of worship, and what are the consequences? This presentation will explore the most common ways shame is used to manage/control behavior, motivate performance, and discipline. We will examine the definition of shame that emerged from the data, the ten most common ways shame shows up in organizations, and the four elements of shame resilience. We will also unpack a case study of how an organization responsible for safety banned shame-based management in order to save lives.

Brown is a research professor at the University of Houston where she holds the Huffington Foundation – Brené Brown Endowed Chair at The Graduate College of Social Work. She has spent the past two decades studying courage, vulnerability, shame and empathy, and is the author of five No. 1 New York Times bestsellers: *The Gifts of Imperfection*, *Daring Greatly*, *Rising Strong*, *Braving the Wilderness* and her latest book, *Dare to Lead*, which is the culmination of a seven-year study on courage and leadership. Brown's TED talk – The Power of Vulnerability – is one of the top five most viewed TED talks in the world with over 35 million views. She is the first researcher to have a filmed talk – The Call to Courage – Netflix, which debuted on the streaming service April 19, 2019. Brown lives in Houston, Texas, with her husband, Steve, and their children, Ellen and Charlie.

Shame and Guilt: The Good, the Bad and the Ugly Revisited

June Tangney, PhD



TANGNEY

Decades of research underscore the adaptive functions of guilt and the high costs of shame. In this talk, I summarize recent empirical hints that shame may have some redeeming value. For whom, and under what circumstances is shame most likely to prompt positive, lasting change? Theory, clinical observations, and research with inmates and undergraduates offer some insights ripe for further investigation. Guilt, too, is overdue for a more even-handed assessment. I discuss circumstances in which guilt is an inappropriate and psychologically costly response – circumstances not assessed by our TOSCA measures. I close by noting the applied implications for clinical, correctional, and research contexts.

Tangney is Professor of Psychology and University Professor at George Mason University. Since arriving at Mason in 1988, Dr. Tangney has researched the development and implications of moral emotions, with funding from the National Institute on Drug Abuse, the National Institute of Child Health and Human Development, the National Science Foundation and the John Templeton Foundation. Currently, her work focuses on moral emotions and treatment development for people who are incarcerated. Tangney is the author of over 100 articles, books and book chapters. She is a co-author of *Shame and Guilt*, co-editor of *The Self-Conscious Emotions: Theory and Research* and co-editor of *The Self-Conscious Emotions: Theory and Research, Shame in the Therapy Hour* and the *Handbook of Self and Identity*. She has served as Associate Editor for the *American Psychologist* and for *Self and Identity*. She is a Fellow of the American Psychological Association and the Association for Psychological Science. Tangney received a master's degree and doctorate in clinical psychology from UCLA. A recipient of Mason's Teaching Excellence Award, she strives to integrate service, teaching and clinically relevant research in both the classroom and her lab.

Distinguished Faculty & Lectures

Shame: Listen for It

Cynthia Mulder, LCSW

"I never knew shame was what I was feeling or part of my struggle." Shame is highly correlated with depression, addiction, eating disorders, self-harm, trauma and suicide – many of the issues that prompt patients to seek treatment or admission to a psychiatric hospital. Since shame is rarely discussed or understood, it continues to impact a patient's sense of self. A challenge of speaking about shame may unwittingly lead to a patient experiencing more shame. Mulder will present clinical vignettes to illuminate how the therapist's ability to listen for shame, whether in individual, group or milieu settings, and find ways to empathically name and discuss it with patients, is vital to reducing shame's power and build resilience. Finally, having a practice of self-compassion and empathy is critical to re-establishing connection to oneself and others.



MULDER

Mulder is the Director of Education and Training at The Menninger Clinic, and an Assistant Professor at Baylor College of Medicine. She is responsible for overseeing the varied training programs at Menninger, including the Postgraduate Social Work Fellowship. An individual and group therapist, she has run The Daring Way™ group on the Professionals Program for more than nine years. She also coordinates Menninger's Family Education Day and other continuing education activities for the hospital and community. After earning a bachelor's degree from Middlebury College in Middlebury, Vt., she earned a master's degree from Smith College of Social Work in Northampton, Mass., as well as an advanced certificate in clinical supervision. Mulder is currently an advanced candidate in analytic training at the Center for Psychoanalytic Studies in Houston.

"I Thought People Like That Shot Themselves:" The Insidiousness of LGBTQ Shame

Michael R. Kauth, PhD

The title paraphrases a quote by King George V upon learning a friend was "homosexual." Stigma and shame have long been attributed to same-sex attraction and behavior and gender variance. Despite greater social tolerance today, people with lesbian, gay, bisexual, transgender or queer (LGBTQ) identities are often viewed as abnormal, deviant, or sinful. Shame has surfaced as an unappreciated product of social stigma and internalized homo- or trans-negativity. This talk explores the insidiousness of shame around LGBTQ identities and why coming out is not enough to overcome shame. Self-affirmation strategies and an affirming framework for clinical practice will be discussed.



KAUTH

Kauth is a clinical psychologist and Director of the LGBT Health Program, Veterans Health Administration, a role he shares with Dr. Jillian Shipherd. The LGBT Health Program oversees two healthcare policies, clinician training and LGBT Veteran Care Coordinators at each VA facility. Dr. Kauth is also a professor in the Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine, where he teaches a course on LGBT Health and presents guest lectures. He has published 70 journal articles, three books and 16 book chapters on LGBT veteran health, sexual health, implementation of educational interventions and the evolution of same-sex attraction.





The Secret of Shame: Transforming Buried Pain into Authenticity and Voice

Harriet Lerner, PhD – AFTERNOON KEYNOTE



LERNER

Shame is the most debilitating emotion, the most devastating in its consequences, and the most difficult to identify and talk about. Its sources are both personal and political. This presentation will identify the hidden faces of shame and will show how shame erodes self-regard, accountability and the ability to repair broken connections. Clinical implications will be discussed, including a vignette that illustrates how the hurt and the vulnerable client can find authenticity and voice in the face of shaming messages from an important authority. The presentation will also clarify the key role of shame (to be distinguished from guilt) in the unconscious dynamics of the entrenched non-apologizer with treatment implications for working with those clients who wrap themselves in a blanket of defensiveness and denial, and are unable to listen, orient to reality, and take responsibility for the hurt that they have caused.

Lerner is one of our nation's most respected voices on the psychology of women and family relationships. She served as a staff psychologist and supervisor at The Menninger Clinic in Topeka, Kansas, for over two decades, and currently is in private practice. She is the author of numerous scholarly articles and 12 books, including the NYTimes bestseller *The Dance of Anger*, and most recently, *Why Won't you Apologize: Healing Big Betrayals and Everyday Hurts*.

The Feeling that Destroys the Self: The Role of Mentalizing in the Catastrophic Sequelae of Shame

Peter Fonagy, PhD, FBA



FONAGY

Shame is an emotional reaction, a signal of a negative evaluation of the entire self in relation to social and moral standards. It reflects the stripping of agency from the self and is intensified if it is accompanied by a loss of mentalizing. Mentalizing is a form of social cognition normally supported by the presence of a social network. Shame forces the individual to disconnect from the network and lose support for mentalizing the experience which social connections normally provide. Experiencing shame in a mode of psychic equivalence becomes “ego-destructive” undermines the continued existence of the person. The impact of shame is a profound relative to guilt. Shame in the context of therapy is an important target affect for mentalization. It can be the unnamed “elephant in the room” when, for example, patients fail to gain control over their impulsive behavior and self-harm or abuse substances. In that context shame is a crucial affect to mentalize because it motivates efforts to disappear, aggression, and even violence to counteract the feeling of shame. Finally, reactions to shame are threats to the therapist's mentalizing.

Fonagy, OBE, FMedSci, FBA, FAcSS, is professor of Contemporary Psychoanalysis and Developmental Science, and Director, Division of Psychology and Language Sciences at University College London; Chief Executive, Anna Freud National Centre for Children and Families, London; and Senior National Clinical Advisor, National Health Service England on Children and Young People's Mental Health. He holds visiting professorships at Yale and Harvard Medical Schools and is a training analyst of the British Psychoanalytic Society. His clinical interests focus on early attachment relationships, social cognition, borderline personality disorder and violence. His published works include 550 scientific papers, 250 chapters and 20 books. He has received a number of Lifetime Achievement Awards, and he was the first U.K. recipient of the Wiley Prize of the British Academy for Outstanding Achievements in Psychology by an international scholar.

Symposium Purpose & Objectives



LEARNING PURPOSE STATEMENT

The purpose of this educational activity is to expand the knowledge base and clinical skills of mental health professionals related to the assessment and treatment of the complex emotion of shame as linked to many psychiatric illnesses. By differentiating among shame, guilt, embarrassment and humiliation, clinicians will develop greater attunement to their client's struggles and offer empathic interventions to ameliorate this painful, destructive emotion.

TARGET AUDIENCE

This activity is designed for psychiatrists, clinical psychologists, psychiatric registered nurses, social workers, licensed professional counselors, addictions professionals

and other mental health professionals in the greater mental health community. (all levels of experience)

LEARNING OBJECTIVES

1. Define shame and differentiate it from guilt, humiliation and embarrassment. Identify primary ways shame shows up in organizations and articulate the four elements of shame resilience.
2. Articulate the difference between shame and guilt and become familiar with findings underscoring the high costs of shame as well as recent research suggesting potential adaptive functions of this painful moral emotion.
3. Identify how to listen for shame and other self-conscious affects in various therapeutic modalities, respond with curiosity and empathy,

and provide ways for the patient to externalize and recognize its presence.

4. Distinguish between stigma and shame, explain the role of shame in maintaining self-hatred in people with LGBT identities and describe affirming techniques for overcoming shame.
5. Identify the role of shame in understanding the dynamics of the entrenched non-apologizer and assist the vulnerable client to find courage and voice.
6. Identify aspects of shame reaction that are associated with loss of mentalizing and articulate tools to elicit and recognize shame to address unmentalized content.

Continuing Education Credits

The Menninger Clinic has awarded 5.0 Contact/Credit/Clock hours to the following disciplines:

Physicians: The Menninger Clinic is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits™*.

Psychologists: The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content.

Registered Nurses: The Menninger Clinic is an approved provider of continuing nursing education by the Texas Nurses Association – Approver,

an accredited approver with distinction, by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers: The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for Social Workers. This activity is offered for 5.0 continuing education contact hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

Addictions Professionals: Menninger is approved by the Texas Certification Board of Addiction Professionals (TCBAP) Standards Committee, Provider No. 1741-06, five (5.0) hours general. Expires 7/2020. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 401 Ranch Road 620 S., Suite 310,

Austin, Texas 78734, fax number 888-506-8123.

Licensed Professional

Counselors: The Menninger Clinic has been approved by National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 5139. Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the programs.

Certificates of Attendance will be awarded for all other participants.



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