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| Codes | Quotation | Theme | Transcript |
| Shame is not taught as a stand-alone topic | It’s not incorporated...and there's an element of it (shame) built in there. So, so yeah, I've not done anything that's just, you know, been labelled, shame | Teaching Shame | Tracy p.1 |
| Therapeutic approaches that cover shame | I remember in my training. you know, there was a Gestalt therapist and there was quite a big element about shame in that so, I think even earlier on I was. I was aware of it | Teaching Shame | Tracy p.1 |
| Client frame of reference - phenomonology | it's whatever it means to the client | Client definition of shame | Tracy p.3 |
| It’s complex | layers to shame | The nature of shame | Tracy p.4 |
| It’s a secret or an embarrassment that the client is carrying or holding | it is usually either a secret or embarrassment that they're they're carrying or holding, | The nature of shame | Tracy p.4 |
| It locks in emotions    It’s linked to anger | it keeps emotions locked in, or erm to turn their anger inwards. You know there's some something maybe linked to anger | How shame manifests | Tracy p.4 |
| Work with it rather than define it | I try and work with it, and acknowledge it, and see it, rather than trying to necessarily define it, | How to work with personal shame | Tracy p.4 |
| Shame is elusive | it does feel a little bit slippery to do the textbook definition | Defining shame | Tracy p.4 |
| It hides in plain sight    Clients may not be aware of it    It’s a secret    The client is stuck | I think some clients don't realise that they're carrying the shame. They might realise that they're holding a secret, or they can't move forward | Understanding client shame | Tracy p.4 |
| Qualities of therapist in recognising shame | I've probably got a really strong antennae for it | How to recognise shame | Tracy p.4 |
| Body language | eye-contact or lack of it | How to recognise shame | Tracy p.4 |
| Face chair away if eye contact is too difficult | Babette Rothschild | Shame Training | Tracy p.4 |
| Avoid eye contact    Make the client comfortable    Help client manage their emotions – self-regulate | I've moved my chair slightly and the clients moved her chair so she's not looking at me as she's facing the door and that seems to make... help her to be able to self-regulate | How to deal with client shame | Tracy p.4 |
| Name it (shame)    Explore the issue | I try to, to name it because and you know and acknowledge it. I might not just. I might say, you know, feels like there's a lot of shame there. Or I might use a different word as well . Or try and work with how hard it is to give eye contact and to share. And I suppose I don't hold back by maybe asking some questions in some situations. | How to deal with client shame | Tracy p.5 |
| Name it, be comfortable with it, don’t judge, empathise with client | there's something about naming. It is important and, so the client can see that I'm comfortable with it. I'm not judging them, but I can see it how hard it is for them | Dealing with shame | Tracy p.5 |
| Being vulnerable | It might be, they just find it hard to cry in front of somebody. You know, and they're embarrassed or feel ashamed about, that you know. | Triggers | Tracy p.5 |
| How to recognise shame in the client | body language | Understanding client shame | Tracy p.5 |
|  |  |  |  |
| It hides in plain sight    Clients may not be aware of it    It’s a secret    The client is stuck | I think some clients don't realise that they're carrying the shame. They might realise that they're holding a secret, or they can't move forward | Understanding client shame | Tracy p.4 |
| Avoid eye contact    Make the client comfortable    Help client manage their emotions – self-regulate | I've moved my chair slightly and the clients moved her chair so she's not looking at me as she's facing the door and that seems to make... help her to be able to self-regulate | How to deal with client shame | Tracy p.4 |
| Name it (shame)    Explore the issue | I try to, to name it because and you know and acknowledge it. I might not just. I might say, you know, feels like there's a lot of shame there. Or I might use a different word as well . Or try and work with how hard it is to give eye contact and to share. And I suppose I don't hold back by maybe asking some questions in some situations. | How to deal with client shame | Tracy p.5 |
| Being vulnerable | It might be, they just find it hard to cry in front of somebody. You know, and they're embarrassed or feel ashamed about, that you know. | Triggers | Tracy p.5 |
| Body language | I think a lot of it can be their body language | How to recognise shame | Tracy p.5 |
| Hiding in plain sight    Sensing it    Congruence | Sometimes it might not be visible. You might just have a sense of it, you know that sort of congruence or an intuition | How to recognise shame | Tracy p.5 |
| Shame manifests differently | I guess it depends what it is And then how I might may reflect that back? Or offer it. Yeah, especially if somebody is if it's obvious that this they're presenting with trauma | How to recognise client shame | Tracy p.5 |
| Shame manifests differently and needs different responses | I guess it depends what it is And then how I might may reflect that back? Or offer it. Yeah, especially if somebody is if it's obvious that this they're presenting with trauma | How to treat shame | Tracy p.5 |
| Trauma  Sexual Trauma | it's going to go hand in hand, not all the time, but you know, especially if there's some sexual trauma there | Shame associated with | Tracy p.5 |
| Sex addiction | Sex addiction. You know, and ... it's so ...full of shame, it's so visible. It's so obvious. But I think in his outside world, he covers it up | Shame associated with | Tracy p.6 |
| Some shame is visible, obvious | Sex addiction. You know, and ... it's so ...full of shame, it's so visible. It's so obvious. But I think in his outside world, he covers it up | How shame manifests | Tracy p.6 |
| They cover it up | Sex addiction. You know, and ... it's so ...full of shame, it's so visible. It's so obvious. But I think in his outside world, he covers it up | How clients respond to shame | Tracy p.6 |
| Trust - important to build trust with client | It's been massive. The trust | How to deal with shame | Tracy p.6 |
| UPR  Sit with discomfort of shame  Do not judge  Respond and  use body language to communicate core conditions  Offer empathy | it's really most important is that, you know, unconditional positive regard, and really, genuinely being able to sit in that discomfort, and not - so they feel they're not being judged. I think how, yeah, how I respond my body language, what I say, how, how empathic I am. I'm not judgmental | How to deal with shame – Qualities of therapy - ways of being, skills | Tracy p.6 |
| Work space is sacred | maybe there's something about where I work as well, I work from home so it's quite, uh. I'd say for me, I always see it as a sacred space | How to work with shame - Spiritual | Tracy p.6 |
| Build trust | **I** can build trust very, very quickly | How to deal with shame - Qualities of a therapist to deal with shame | Tracy p.6 |
| Be grounded  Contain the shame  Show the client you can handle their shame | being able to contain, to be grounded, and contain it. I think that's really important, that you know, that the, the client knows, that I can handle it | How to deal with shame - Qualities of a therapist to deal with shame | Tracy p.6 |
| Client motivation to engage quickly | I think in private practise it's because people are ready, and they want to be here, and they are paying, do you know what I mean, and that they're going to engage very quickly | How clients deal with shame - | Tracy p.6 |
| Set boundaries  Make a contract  Which makes the client feel safe | set the boundaries. I always do a contract, you know to mean that I do all the boundary stuff which can help them feel safe | How to deal with shame - help them feel safe | Tracy p.6 |
| Compassion  Being human  Rmpathy  Don’t lose sight the client is human | I'm confident. But I'm really compassionate. And I'm very human, I don't lose sight that this is somebody else that's really human and I think one thing that stuck with me about Rogers is really prizing somebody | Qualities of therapist in dealing with shame | Tracy p.7 |
| Prize the client | one thing that stuck with me about Rogers is really prizing somebody | How to deal with shame | Tracy p.7 |
| Validation | sometimes it is about offering, you know, that they're doing really well or it's a hard session, or they've worked hard, you know, and one client who's struggling with that shame. | How to deal with shame | Tracy p.7 |
| Be gentle with prizing | she really struggles with that, of me  prizing her,  you know, because she's never been prized. She's never been valued. So I've gone a bit gentler with that. But I want her to have that positive experience as well | How to help client when they find it difficult          Qualities of therapist | Tracy p.7 |
| Only if they are ready and willing | I can help them if they're, if they're willing to go there, and sometimes they are not quite ready | How to help a client – why they cannot be helped | Tracy p.7 |
| It’s too raw  Too much too soon  Other issues | because sometimes the clients you know, it's too raw. Too much too soon, and other times you know there's other issues going on | How to help a client – why they cannot be helped | Tracy p.7 |
| being robust | I think I am quite, quite. I don't know. I'll say robust | Qualities needed by therapist | Tracy p.7 |
| Not just skills...  Personal development, reflexivity  Relational depth | I've done a lot of work on myself, and I think that helps and it can come through. I'm just not just working on a skills basis. It is that relational depth, and sometimes it... and with the EMDR, it's completely different. But I still want that relational depth | Qualities needed by therapist | Tracy p.7 |
| Shame feels different depending on the reason | shame linked to sexual abuse feels different than somebody who might have that shame around, I don't know, so their sexuality or sexual acts | Different types of shame | Tracy p.8 |
| How the therapist responds to the client | triggers that's gonna trigger somebody’s shame. I just guess the nature of somebody listening or feeling or reflecting back or I could imagine there's quite a lot of triggers in therapy. You know, especially around that expression of emotion | Triggers | Tracy p.8 |
| embarrassment | I think he was probably a bit embarrassed | Associated emotions with shame | Tracy p.8 |
| Self care | I've done a lot of work on myself | Qualities of therapist | Tracy p.11 |
| Self care | I do look after myself a lot | Qualities of therapist | Tracy p.11 |
| Self-care | retreat probably 4-5 six times in the year and it's really deep processing work, not necessarily counsellors | Qualities of therapist | Tracy p.11 |
| Willing to work on self, be vulnerable | to be able to sit in a group,  if I trust , to be able to cry openly. It's a massive comparison. Do you know what mean, I can do it now. And I say again, I have to be in a safe space to do that, but I can do it now | Qualities of therapist | Tracy p.11 |
|  |  |  |  |
| Understand triggers  Have empathy  Important or you will be tripped up | I think it's important because otherwise you're going to get tripped up. Or you might avoid it, or you might you know your own triggers. Or, it might help. It might help to you know, to have that empathy and so yeah, I think it's probably quite crucial, really, that somebody who's you know a therapist or a supervisor is fully aware of my own sort of spots. I don't carry, I'm quite good with language, I think | Importance of understanding own shame |  |
| resilience | very little, sort of phases me | Qualities of therapist | Tracy p.11 |
| Not getting embarrassed | there probably was a little bit of embarrassment | Qualities of therapist | Tracy p.11 |
| embarrassment | there is a difference between embarrassment and shame | Associated emotions with shame | Tracy p.11 |
| ? | I was... absolutely made up that she felt that she could share that. | ? | Tracy p.11 |
| Build trust, safety, security    Self disclosure    Understand importance of boundaries and safety    Importance of being  heard and listened to    Being empathic | Could I share that sort of detail with others I'd have to feel really safe and secure, so I just assume the clients must be really, really safe and secure with me. and I think that's maybe part of why I can create it. Because for me to share, you know, some of my traumas from my past. And I have, but I'm very cautious of who's there, and if I feel safe. And if I do, it'll come and I’ll be able to speak my truth. So I think ,because I know the importance of that boundary and safety and being heard or being listened to, maybe that's why I can create it with the with people I’m working with | How to deal with client shame | Tracy p.12 |
| Self disclosure – sometimes spoken, sometimes implied    Empathy – using felt sense when therapist does not have direct experience of what the client is going through | But I definitely can imply it, you know, and, and I think sometimes it's unspoken sometimes it's spoken, but, I get it, or that I understand, even if I don't get it. You know, even I don't fully understand, but I, you know, I can really get that felt sense | How to work with client shame | Tracy p.12 |
| 27.04  explore the roots of the issue p.12 | We've had to look at how, when, where, what, and all of what happens to get him to that point. And actually what it's opened up. It's not, it is, it's about what he’s been trying to self-medicate. | How to deal with client shame | Tracy p.12 |
| 27.32 emotional shut-downs, conditions of worth, drivers - be strong, be a man.    Explore what’s behind the behaviour and addictionp.12 | Be strong, don't do this and not all the emotional shutdowns for him to be able to open up and start really unpicking what's behind his behaviour or what's behind the addiction | Causes of client shame and how to work with client shame and addiction - | Tracy p.12 |
| 28:20 | It's a massive for...that client’s life to be able to have that outlet where you can speak his truth, | How to work with client shame | Tracy p.12 |
|  |  |  |  |
| You do not overcome shame - shame is a feeling  Acknowledge the feeling and how hard it is  It’s about breaking the secret – let it out and share it  There is a power in validating and witnessing what the client has been through – for the client to be open and honest with what they have done (congruence), where and when the issue started and what that was about (meaning making)  Not judging – but helping to understand why they are this way  Client self-empathy | it's not overcome it because it's. I'm sure it's still feeling it. It's still hard and I and I think for me it's about acknowledging that. I know this is hard. But it's about breaking the secret. Letting the secret come out and share it. I think there's such a power in somebody validating what you've been through. Somebody witnessing what you've been through and somebody to be able to be. You know, I'm waving my hands, like really open and honest that you know. This is the reality of what he's, he's done, but him getting a concept of where, where, where the issue started and what that was about. And it, it’s not judging but helping him to understand why. Why am I this way? Because his judgement on himself, as you can imagine, is pretty intense and harsh | How to work with client shame | Tracy p.13 |
| 29:32 Client self-disgust    Therapist empathy – can see what led to the behaviour – no judgement | I think disgust can come with that sort of sharing. He is disgusted with himself. Now. I don't feel that at all, and I don't think I'm suspending my moral compass. Uhm, because whilst I'm winning, I get I see what I see that little boy, I see what had led to him getting to this place | Associated client feelings/emotions    Therapist feelings | Tracy p.13 |
| Have UPR even when the client doesn’t have this for themselves  Challenging and being congruent and direct  Giving the client permission to stop being self-destructive, to stop punishing themselves | he didn't have it for him. He doesn't have it for him, but I'm hoping by me having it for him and working with all the deeper issues he can, you know, I'll say you know how many years are you going to punish yourself? How long is your prison sentence? And, you know, and sometimes that's quite jolts people. But it's about saying, right, you’ve punished yourself enough now, you know, how long is it gonna go on for? You know, so in that way, I can be quite direct, but it's, it's. It's about them being able to stop turning that self-destruct in on themselves | How to work with client shame | Tracy p. |
| 30:59  Speak authenic truth, authentically speak from the heart,  have compassion,  Be genuinely empathic,  Be grounded and solid in yourself to build trust,  Be able to handle what the client has to share. p.13 | I think that authentic truth or authentic speaking from their heart and compassion that human people they get it, and sometimes it's not always, I don't name it as that, but if people feel it if you're genuinely, I think not just able to be empathic I think especially around shame and some complex trauma. I think you've got to be pretty grounded and solid in yourself because otherwise (that) person won’t have that trust that you can handle it. You know, can this person handle what I'm going to share | How to deal with client shame - and Qualities of a counsellor | Tracy p.13 |
| 31:37  Be fearless and ask questions. p.13 | I'm a bit fearless | Qualities of a counsellor when dealing with shame | Tracy p.13 |
| 31:37  Making meaning  Understand feelings | I'm... doing it to look at the big picture of the jigsaw. To help him understand how he got to that place and how he felt | How to deal with client shame | Tracy p.13 |
| 31:37  Shame is linked to compulsions and addictions p.13 | it is a compulsion. It is an addiction | The nature of shame - | Tracy p.13 |
| 32:21  Not many people would ask certain questions p.14 | not many people are going to ask that question | 32:21 Qualities of a counsellor dealing with shame | Tracy p.14 |
| 32:21  Shame is a  secret p.14 | it's a secret | 32:21 The nature of shame | Tracy p.14 |
| 32:21  Break their shameful dirty secrets  Break the cycle of feeling bad about themselves p.14 | ' I want him to have a space, where he could get it all literally off his chest, break the secret’ | How to deal with shame | Tracy p.14 |
| 32:57  Acceptance  Congruencep.14 | I'm just offering that real acceptance and understanding... then even in, what, three sessions he feels so... he’s like,  he’s had the whole weight lifted off his shoulders. You know you can see the difference in him the work can start to take effect within as few as 3 sessions | How to deal with shame | Tracy p.14 |
| 33:29 some issues are too shameful to share with friends and family, and people keep their dirty sectrets until they are able to bring it to therapy p.14 | she doesn’t feel she, she can, you know, confide in her friends and family. Uhm, you know, so she keeps the dirty secret | The nature of shame | Tracy p.14 |
| 35:49  Underneath shame are negative emotions and unresolved parts of self p.15 | I think that can often happen with shame that underneath is all the fear, the embarrassment, the anger, the hurt, the inner child stuff | The nature of shame | Tracy p.15 |
| 36:10  It’s important that the therapist has knowledge and experience to deal with shame p.15 | it's not to be dabbled with...it's quite complex | How to deal with shame | Tracy p.15 |
| 36:10  Participant feels there's not one theory to deal with it p.15 | I don't think there’s one theory to work with it. I might be wrong because I've not academically studied it | How to work with shame | Tracy p.15 |
| 36:42  Experience 'some therapists could very quickly be in deep water and not sure how to deal with it and not sure how to work with it'. p.15 | 'some therapists could very quickly be in deep water and not sure how to deal with it and not sure how to work with it' | Qualities of Therapist | Tracy p.15 |
| 37:02  Inexperience, not worked through their own demons | Newly qualified, but there might be some that is too much, or if they've got their own stuff. Demons that they’ve not worked through | How not to deal with shame | Tracy p.15 |
| 37:02  Some therapists and supervisors might skirt around it p.15 Some therapists could skirt around it. I tend not to work by skirting around things, and I certainly don't supervise by skirting around things | I tend not to work by skirting around things, and I certainly don't supervise by skirting around things | How not to deal with shame | Tracy p.15 |
| 37:32  Avoidance. p.15 | Therapists might do (avoid shame). A client could, a client’s not going to voluntarily go into it (shame), I don't think, because that's what shame does | How not to deal with shame    Client avoidance of shame | Tracy p.15 |
| 37:32 How to deal with shame - some therapists could avoid dealing with shame - in supervision and with clients and some clients can avod shame p.16 | 'I think a therapist could do, could avoid it.' ' I'm just trying to think if any of my supervisees in that situation. Yeah, that I think they can. They can come across it, yeah' | Avoidance of talking about/dealing with shame – therapist and client | Tracy p.16 |
| 38:09  Work with the avoidance  Look at why they are avoiding it and what is touching them? p.16 | 'in supervision, it would be working with the avoidance of it. Why is that counsellor...why are they avoiding it? What is it touching in them?' | Dealing with supervisee shame | Tracy p.16 |
| 38:09 T  he person-centred approach is helpful with shame - trust the client, their autonomy, be patient, use congruence, work with it in supervision p.16. | 'I do love the person-centred philosophy of trusting the client, and trusting the clients autonomy, and that they know what's best and being patient enough to, to work with that. Or, use that level of congruence' | How to work with shame - theories | Tracy p.16 |
| 39:14 Doesn't think most therapists would struggle with shame (personally or with their clients) p.16 | 'most people I supervise; I think. I don't think they would struggle with shame.' | The nature of the therapist - | Tracy p.16 |
| 39:14  Agree with some of what she says, feel it's valuable, but don't agree with all of what she says. e.g. dealing with personality disorders. p.16 | 'I think that's been really valuable. Maybe what she has put out about shame. I don't always agree with every aspect, but that's just because some of it just is slightly different of how I would work with personality disorders, and different aspects, than some of her beliefs, but I think she's opened a lot for therapist to to go and tap into, really' | Working with shame - theories - Carolyn Spring | Tracy p.16 |
| 40:28 difficult to separate as they interweave back and forward p.17 | 'This is why it's hard into to just focus on the client and then just focus on a therapist and then then look at the two and I guess each of my answers have probably interweaved back and forward really.' | How to understand shame in the client and therapist - | Tracy p.17 |
| 40:49  Offer core conditions, compassion, relational depth. p.17 | I think essentially with the core conditions. But it's I guess its working with this compassion. And sometimes you might offer them at a very deep level | How to work with shame therapeutically | Tracy p.17 |
| 40:49  Be mindful if they are **not ready to work with shame**  Don't let shame stop you from working therapeutically p.17 | the client's not ready for it, or they're not used to it | How to work with shame | Tracy p.17 |
| 40:49  **Prizing** - shame can make this difficult for a client to receive from the therapist - reject p.17 | I really prize her, because I know how hard it is for her | How to work with shame | Tracy p.17 |
| 41:43  Sensitivity,  A deep awareness of shame  An awareness of the impact shame can have on the client.p.17 | I think you’ve got to have a sensitivity... A very deep awareness of shame, and the impact, and what the client might be going through | Characteristics of a therapist to deal with shame | Tracy p.17 |
| 41:43 Hiding in plain sight - client can hide shame, and shame can be hard to spot p.17 | sometimes they (clients) can hide it as well. It's not always obvious | The nature of shame | Tracy p.17 |
| 41:43  If clumsy or forthright and wrong with intuition, it could put off client and might rupture the the process p.17 | if it's (shame is) not (there), and you're a bit too maybe forthright or clumsy, then it might put a client off. It might break the therapeutic process | How not to deal with shame | Tracy p.17 |
| 41:43  It is a fragile process - it needs intuition and sensitivity p.17 | I guess this is where it's a fragile process | How to deal with shame | Tracy p.17 |
| 42:32  It may be a number of things - experience, training, CPD, PT, it still comes back to being one human being with another, trying to help, being compassionate - in a real sense, genuinely wanting to help, to pursue and guide somebody p.17 | I guess for me, whether it's experience, whether it's training, whether it's skills, whether it's my personal development, the work I've done on myself, I still come back to ‘it's about one human being with another, and trying to help, and being as compassionate, and I mean that in the real sense that I genuinely want to be able to help, not necessarily rescue, but be able to... guide somebody to stalk with it (pursue it) as well | How to deal with shame- therapeutically - | Tracy p.17 |
| 43:15 integrative with person-centred at the core p.17 | I'm not purist person-centred , I can't ,because I integrate all these other aspects, but that's my core. And especially what I would do | Ways of working with shame therapeutically | Tracy p.17 |
| 43:15  Anxiety is often linked. Use coping strategies for anxiety to help the shame to come out, be named and be worked with or processed. p.17 | often the anxiety can be linked to it. And sometimes getting the coping strategies for anxiety can help the shame to come out or to be processed. And if the client is really anxious, then I'd use coping strategies for the anxiety, and that might help to shame then to come, come up or be named or to be worked with | Ways of working with shame therapeutically | Tracy p.17 |
| 43:15  Anxiety | often the anxiety can be linked to it. | Linked emotions to shame | Tracy p.17 |
| 43:52 Working with shame - somatic markers p.18 somatic markers, and being very observant around what I'm noticing and offering that | somatic markers, and being very observant around what I'm noticing and offering that | Ways of working with shame therapeutically | Tracy p.18 |
| 43:52 Therapists want to bring about therapeutic change  p.18 | ultimately, I think, hopefully most therapists want to be therapeutic. Want to be helpful, want to help somebody to be able to change help, to bring change | Working with shame | Tracy p. 18 |
| 44:26   impact of therapy on shame when they leave the session....how do they integrate it?  p18 | How they are afterwards when they walk out. Yeah it's safe here. I can tell you my secrets, but gosh well how must they feel when they step out and walk out. How do they integrate it in their life? | How to work with shame | Tracy p. |
| 45:17  Vicarious trauma and shame, triggers, compassion fatigue, what it's touched in them p.18 | I think it's massive, isn't it? On different therapists, for different reasons, because it depends on what their own triggers are? What shame issues they have? How they handle situations? Yeah, I work a lot with ,you know, vicarious trauma and preventing compassion fatigue in therapy, especially ones that I supervise do a lot of work around. You know what they've held and what they've witnessed, or what they've seen, and what that's touched in them | Impact of shame on the therapist | Tracy p. |
| 45:51  If it's triggered their own shame - they need to know how to self-care p.18 | Even if it's you know something of their own shame and...Yeah, it's about the self care of the therapist. Yeah they do a lot.    Sometimes it's trauma, it's not always shame. But erm, I guess the same principle would apply whether it's you know they they've heard some, exposing themselves to too much trauma, but most of the trauma there's probably some level of shame in there. | Impact of shame on the therapist | Tracy p.18 |
| 45:51  Help for the helper p.18 | Of, you know, techniques that I've learned, I guess with Babette (Rothschild), on you know, ‘Help for the helper’, and how they can process? | Impact of shame on the therapist | Tracy p.19 |
| 45:51  trauma | Link between shame and trauma | Links between shame and other issues | Tracy p.19 |
| 46:37  Core conditions,  Body language, do EMDR on self after a session,  Look after the therapeutic space. p.18 | offering the core conditions. But then if they’re, I would look at sharing techniques on how they can prevent vicarious trauma, whether it's looking at their body language, looking at doing some EMDR on themselves after a, a session, whether it's how they look after the space that this trauma has been shared in | How to work with shame (and trauma) | Tracy p.19 |
| 46:37  I clear negative energy, chakra work if their energy has been drained p.19 | You know, or if a therapist is saying they are drained, I work with the chakras which chakra is, you know is it being..are they allowing this client to drain them? And how can they protect that particular chakra in the body? | How to work with shame as a supervisor | Tracy p.19 |
| Spiritual therapy for energy levels to prevent burnout | it's fairly unique in supervision to be doing that work on an energy level, or whether it's a ritual or not - not a ceremony; to shift energy shift negative energy to prevent that burnout | How to work with shame in supervision | Tracy p.19 |
| 46:37  Holistic spiritual approach - core cranial sacral therapy p.19 | training in holistic therapies and I do core cranial sacral therapy with my spiritual path. So when you do it for like if the energy is there | How to work with shame - in supervision | Tracy p. |
| 46:37  Cleanse space, get rid ofnegative energy that may have passed over p.19 | What do they use to cleanse their room beforehand? How, do they get rid of any negative energy and negative in a sense of, it might be dark? Do you know what I mean? It might be an energy of somebody that has passed over | How to work with shame - | Tracy p.19 |
| 49:03 How to work with shame - soul work - with an energy or entity - an energy medicine - it's really out of the box - light  a candle - send it to the light. p.19 | It's like soul work...they end up picking an energy or an entity, and it's then in the supervision room. I don't want it in my room Pauline, so it's like, ‘Where, where is it?’ and next minute, it, they could feel sick or it's coming out ,so it then it becomes more on an energy work, an energy medicine. | How to work with shame | Tracy p. |
| 49:56  Self-care - look after the therapist, who has opened their energy field, their third eye, their whole being, and was unknowingly carrying some entity or energy that did not belong to her. The supervisor dealt with it, as she did not want it in her room either.p.19-20 | It's not necessarily linked with shame, but it is about looking after that therapist who's opened, not just her energy field, opened a third eye, opened her whole being, and unknown to her. She's very tuned in and very experienced. Unknown to her was carrying some entity or energy, that didn't belong to her | Therapist Self-care | Tracy p.19-20 |
| 50:30  Self care  protect own energy field (hand on solar plexus), unmirror p.20 | I’m quite good on that sort of protection. How people can, on an energy level protect, whether it's just putting their hand on the solar plexus. Or, you know, Babette talks about un-mirroring clients, and I thought, well, God, it's taken me years to mirror client and I've got to consciously un-mirror, hey?! But yeah, it's really important how you, you know, if you mirror in the clinic and then empathic neurons are going to pick it all up. Once we pick it up, what do you do with it? | Therapist self-care | Tracy p.20 |