Other

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| Qty | Id | Desc | Name |
| Codes | Quotation | Theme | Transcript |
| 01:52 Transference and countertransference | shame doesn't only come with the client. It also comes with the parents, especially when you're working with younger age groups, the parent feel(s) like they are not doing their job right therefore their children has problems or you know, feel guilty along with the shame because they feel they're not good enough parents because they haven't protected their children properly because they were exposed to sexual trauma | Origins of shame | p.1. Pam |
| 03:10 Culture – | because of my cultural background, I'm Chinese and my social upbringing also had really close relationship with shame as well. The parenting, a lot of the time. | Origins of shame | p.2 Pam |
| 03:10 shame used to discipline children | …they can use shame to discipline their children. | Origins of shame | p.2. Pam |
| 03:10 Social control | …sometimes even in…Western society. Sometimes we see shame to model (behaviour to) other people as well | Origins of shame | p.2. Pam |
| 03:10 Where is shame | It's just everywhere | Where shame can be found | p.2. Pam |
| 03:10 Self esteem | affects people’s self-esteem and how, how they, you know, the perception of themselves. | Affects of shame | p.2. Pam |
| 03:10 Shame is elusive | We never actually talk about it enough | The nature of shame | p.2. Pam |
| 04:10 It’s in the air | But it's almost like in the air, | Where shame can be found | p.2. Pam |
| 04:10 People do not want to talk about shame | I'm so used to it that (it) isn't near, so there's no point of talking about it | The nature of shame | p.2. Pam |
| 04:51 Not spoken about much | There was a mention | Formalised learning about shame | p.2. Pam |
| 05:18 Culture- there's an awareness of shame culture, of shame in clients and their parents, it's in the air but it's not spoken about | we talked about how the culture side of thing(s) had affected the hierarchy in society | Formalised learning about shame | p.2. Pam |
| 06:00 Masked | It's very easily masked on account of something else. You know they would mask as they're incompetent; they can't do something; they're not good at something | How shame manifests/hides in plain sight | P.3. Pam |
| 06:57 Shame is deep down | it's very very very deep down, but it sort of manifests or presents in a different way | Nature of shame | p.3 Pam |
| 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 |
| 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 |
| 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 |
| 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 |
|  |  |  |  |
| 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 |  |
| ? | 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   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   Shame is a  secret p.14 | it's a secret | 32:21 The nature of 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 43:15   Anxiety | often the anxiety can be linked to it. | Linked emotions to shame | Tracy p.17 |
| 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 |
| 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 |
| Codes | Quotation | Theme | Transcript |
| 00:47  No training | I qualified in 2014, with a degree in humanistic counselling | Training on shame | Lucy p.1 |
| 01:06  No training | No, not at all. I don't remember it being covered in my degree at all, which like, thinking about that, it's quite astonishing, because it is such a huge subject | Training on shame | Lucy p.2 |
| 02:03 No training | I think I think if you look at the trauma trainings then the word shame was probably mentioned. | Training on shame | Lucy p.2 |
| 02.30 Training about shame is not obvious | so it (the training) doesn't draw your attention to it (shame) at all | Training on shame | Lucy p.2 |
| 02:40 How the ashamed | to me it says we hide it, we're hiding it, we I'm honestly like we're ashamed of shame. | How the professionals feel about shame | Lucy p.2 |
| 02:54  uncomfortable | Because we're not comfortable with it, maybe. | How the professionals feel about shame | Lucy p.3 |
| 03:37 Shame elicits difficult emotions | it's things that people find really difficult to talk about. Where people have felt... embarrassed and humiliated. Often guilty and dirty, even. Like they're very small. Erm yeah, something that they really ... struggled to talk about or even even to broach the subject. | How people react to shame | Lucy p.3 |
| 04:28 Shame shuts people down | I have one client he just , a bit like me in therapy. I might get on to that. When there was shame around, there was hardly any conversation going on. | How people react to /experience shame | Lucy p.3 |
| 04:42 There is a parallel process between the therapist and the client | there's a bit of parallel process for me, because I'm, I'm very much like that. And it was really difficult even when trying to kind of dissect what's going on here. Whether that was talking to the client or my own process. Nothing was coming from her. | How people react to/experience shame – it is universal | Lucy p.3 |
| 05:12 There is a parallel process between the therapist and the client  Shame paralyses or opposite reaction – fidgeting, distracted | She was almost a copy of me. because I do that. I get frozen. She was very frozen. It's like no words would come out. Yeah, it's really hard to describe that actually | How people react to shame | Lucy p.4 |
| 05:36 Shame paralyses or opposite reaction – fidgeting, distracted | I've seen people kind of hunched over. Facing away, they literally face away. Can't look at me and looking at the sea over there, or the painting on the wall or their shoes. Uhm, they're really fiddling. Tapping of pens, fiddling of hands . Or, the opposite sometimes. Being absolutely still | How people react to/experience shame – physical manifestation | Lucy p.4 |
| 06:15 If shame is not verbalized, it manifests physically through fidgeting or paralysis | It's interesting how it could be opposite extremes - really fidgety. It's like like...Because it won't come out of their mouth they're having, so it's coming out of their body some way, or they're frozen and can't move almost. | How people react to/experience shame – physical manifestation | Lucy p.4 |
| 08:25 Distress | sometimes people are very very distressed about it | t How people react to/experience shame – physical manifestation | Lucy p.5 |
| 08:56 A catalyst for change | I would say if someone can talk about it, then the shame can open up a conversation that can help. Because often the things that are the most difficult to speak about ... can be looked at, taken apart and maybe give a different perspective. | Positive aspects of shame | Lucy p. |
| 10:06 It pervades whole being Not good enough Ashamed to be me Ashamed of what I have done/not done Fear of rejection Detrimental to relationships In a ‘shame place’ Can barely walk into church on a Sunday morning – not that they would know Don’t want to be seen Think people don’t want to know me | For me personally, it can like pervade my whole being. Shame like, in a kind of ‘not good enough’ way. Ashamed to be me, ashamed, or maybe ashamed of what I've done, maybe or not done or ashamed to be me so. ‘I'm not good enough’. I would fear rejection. Erm, which can have a very detrimental effect on relationships. You know, even when I. Sometimes if I've been in that ‘shame place’, I can barely walk into my church on a Sunday morning. Because they want people to look at me and think, ‘Oh’. Not that they would know anything. But yeah, it would lead me to think people don't want to know me. | How shame manifests in the therapist and affects the therapist | Lucy p.5 |
| 11:17 Conflict – ‘A real dichotomy going on there and wanting to be seen and heard but not wanting to be seen and heard’ | Oh yes, not wanting to be seen. Yes, I think there's a conflict there in some ways, especially in therapy, for me. If it's a shame thing I don't want to be seen. Like I said to my therapist the other day:  ‘Can I sit behind the sofa, please?’ ... But actually wanting to be heard at the same time. Real conflict. A real dichotomy going on there and wanting to be seen and heard but not wanting to be seen and heard | How shame affects the therapist | Lucy p.6 |
| 11:56 Fear | yes, fear | Associated emotions | Lucy p.6 |
| 12:42 Core shame | when I feel ashamed of me? It's like, I don't feel good enough. To me, that's a kind of core shame, because it's like, the whole of me. Isn't, yeah it's not good enough | Types of shame | Lucy p.7 |
|  | that depend on our experiences of what we've been through. What we've yeah, what we've experienced in life. I think it can. Because people who might have maybe had abusive experiences, in particular, I'm thinking of, can be maybe more, shame prone? |  | Lucy p7. |
| 13:54 Shame prone | I have a client at the moment. Who was brought up to believe ‘You're not worth it. You're not worth the effort’. Whatever it is, you're not worth the effort. And so that's...He really struggled in his relationships because of that. | Types of shame/how shame affects clients/manifests | Lucy p.7 |
| 15:32  shame prone children self-blame carry the shame | I guess as children, we we make it our fault, because that's easier to believe it that way, isn't it? So he's carried that with him all his life, which has caused him awful relationship problems. | Types of shame/how shame affects clients/manifests | Lucy p.7 |
| 16:00 Anger | he was ashamed of his, his anger outbursts | Associated emotions | Lucy p.8 |
| 20:45 Dichotomy of wanting to be seen and talk, but not wanting to Hiding Avoidance Distraction 20:45 Focusing away from instead of towards themselves | I go back to where people and myself included, want to hide. Er, maybe that dichotomy of wanting to talk, not wanting to talk so. I can think of a couple of clients who would talk about the colour of the sky; the weather? Erm, you know, what they had breakfast, anything, but what was potentially on their mind. But eventually we got down to it was something that was shameful. But they would talk about anything and I guess that was a defence. Anything out there, rather than in here. | Defences | Lucy p.9 |
| 21:53Surrounded in secrets | Clients have said: ‘I've had things in my life that have happened. I'm not going there.’ They are ‘really rigid’ | The nature of shame | Lucy p.10 |
| 00:22:21  Fear – anti-therapeutic | ‘Often the things that we find most difficult to talk about can be the most releasing and we can look at ways of supporting you with it, giving you a new perspective. But they are, ‘ No, not going there’ ‘Not opening that door.’ | The nature of shame | Lucy p10. |
| 23:13 Closing door | that's the defence isn't it - you're not opening those doors. | Defence against shame | Lucy p.10 |
| 24:11 blushing | she was going bright red,... which was unusual for her | Manifestations of shame | Lucy p.10 |
| 24:58 Huge Able to bracket own shame Empathise with how awful it feels | Huge I think. To recognise my own (shame), so that I keep it out of the way of the client. Erm, and also maybe, just have, uh, also to have an understanding of how it bloody feels, because it can be bloody awful, can’t it? | Importance of understanding own shame | Lucy p.11 |
| 25:29 – how it feels | (shame) can burn right into the core of us. | Importance of understanding our own shame | Lucy p.11 |
| 25:37 so i(our own shame) doesn’t interfere | I think it's important that we're aware of our stuff so it hopefully it doesn't interfere | Importance of understanding our own shame | Lucy p.11 |
| 26:18  Triggers  Can be hard to bracket own shame if unresolved it | triggers from a client is when it touches on my own stuff. Which is, which can be hard to keep out of the way he actually, can't it? Even if we really try, if it's something that is burning in us, that we haven't, maybe quite resolved. | Importance of understanding our own shame – | Lucy p.11 |
| 27:48  Fear and lack of congruence in supervision | when I first started and ...had my first private supervisor. I probably didn't take anything shameful to supervision, because I was too ashamed. That for me that was very scary. | Importance of understanding our own shame - in supervision | Lucy p.12 |
| 28:26 We can choose not to bring shameful issues to supervision | I almost wish we couldn't (choose what we bring to supervision) because in some ways it would be easier | Importance of understanding our own shame - in supervision | Lucy p.12 |
| 28:56 trusting relationship needed to be congruent about own shame | as I've as I've built the relationship with her, I trust her now | Importance of understanding our own shame - in supervision | Lucy p. |
| 29:05 relationship and trust needed to be congruent | Yeah, definitely for me. Yeah, and... I see that (a need to build trust in the relationship) in my clients as well. 9 times out of 10. I have the odd person who will come and offload straight away. That's quite rare | Importance of understanding our own shame - in supervision and with clients | Lucy p.13 |
| 00:29:41  Master Emotion | it's... the Master Emotion because the more I think about it - how much it controls, about what you do, what you say, what you don't say, and to whom. | The nature of shame – definition, how it affects us | Lucy p.13 |
| 30:38  Shame is universal whether or not it is spoken about It takes bravery and courage to voice shame - even in the therapeutic relationship. | One of my understandings of it is that we probably all have it. Yeah, whether we speak about it or not. And actually, I think people who do speak about it are really brave. I think it takes a lot of courage to talk about that... even in the therapeutic relationship. | Shame in the therapeutic process | Lucy p.14 |
| 00:31:07  Courage, testing and permission | Well, I think it does (take courage). I know it did for me. And yeah, you see it in people. Kind of. You can almost see something in their thought process, with people thinking, ‘can I do this?’, ‘can I go there?’ | Shame in the therapeutic process How the client deals with it | Lucy p.14 |
| 00:31:28 Testing | Yes, yes they might say one little thing, and see how it's received. | Shame in the therapeutic process How the client deals with it | Lucy p. |
| Long term therapy | It was about a year in. I saw her for three years. | How long does it take to develop trust? | Lucy p. |
| 36:26 Not carrying other people’s shame | Yes, definitely. We eventually got to the stage where she could see it wasn't her shame to carry and that was such an enormous moment for her. Actually, it wasn't. It wasn't her doing and we unpicked so much. | Shame in the therapeutic process How the therapist deals with client shame | Lucy p.16 |
| 37:09 Naming shame | we definitely talked about being ashamed | Shame in the therapeutic process How the therapist deals with client shame | Lucy p17. |
| 37:33 The client becomes genuine, congruent, self-accepting. | she's such a different person (to) when she walked in. Now every now and again when I see her. Yeah, you know the shoulders the back. There's a beaming smile back even though before under that defence. Even in therapeutic relationship, of a pretence of being happy. It was completely. The real her is completely different. | Shame in the therapeutic process – when shame has been dealt with | Lucy p.17 |
| 45:37 UPR | Yes, yes. Definitely that (UPR). | Therapeutic Keys: | Lucy p.19 |
| Codes: Time | Quotation | Theme | Transcript |
| 00:00:32 Person-centred, pluralistic | I've been qualified just a little under a year now. Now I'm …quite pluralistic, person-centred is my base. | How you work | p. 1 Jo |
| 00:00:32 Client led, integrative, therapeutic relationship | I also strongly believe that different things work for different clients depending on who they are, where they are. | How you work | p. 1 Jo |
| 00:02:05 counselling training, supervision and personal therapy | Yes, all three (counselling training, supervision and personal therapy). So in terms of training, as in the course that that we attended, we had one lecture on shame, and then in my, I did a lot of training around shame in terms of my placement and where I've continued to work out because I work in the area of sexual violence. So naturally shame goes hand in hand with that with that area, and so there was a lot of work and I've sort of realised as well, through personal therapy that I carry a lot more shame than I was perhaps aware of. Erm so there's been a lot of acknowledging it you know. It’s almost like the elephant in the room, you know. | Shame training                                  The nature of shame | p. Jo |
| 00:02:05 Taboo | there's been a lot of acknowledging it you know. It’s almost like the elephant in the room, you know | The nature of shame | p.2 Jo |
| 00:03:29 Insidious It clings There’s a lot of it It’s underlying We’re unaware of it | it's a very insidious emotion. And I think it sort of …it clings to everything ,you know. I feel like there's a lot of underlying shame, even if we're not aware of it on a conscious level | The nature of shame | p. 2 Jo |
| 03:54 Core beliefs It’s hidden from our awareness | You know those core beliefs that we carry and underneath kind of motivations behind doing things erm and we're quite often, we're not aware of its impact. | The origins of shame  Shame drives motivations | p. 2 Jo |
| 04:07 It’s everywhere It clings It operates in secrecy | when people have been smoking in a room, and then they leave but all that smoke is still kind of there, in the air? 00:04:21 Jo I feel like shame is very much like that. It's sort of there. And if shame is a factor in what I'm going through or what clients going through, it sort of clings to everything. Erm, and it's summit that always operates in secrecy, you know? | Metaphor - smoke | p. 2 Jo |
| 00:04:47 Jo You can't grasp it, (elusive)but it's there.  It's insidious. | You can't like grasp it, either. But it's there. I mean, it's just, it's insidious. | Like smoke | p. 2 Jo |
| O5.01 Shame is dangerous | And the dangers of it, you know, smoke, the smoke is dangerous, you know. And I feel that shame has that potential | Like smoke | p. 2 Jo |
| 05:01 Socially acceptable shame | you've got the area of, kind of correct, socially acceptable shame. | Types of shame | p. 2 Jo |
| 05:01 Attached to scripts and core beliefs | And then you've got shame that we carry that is attached to our values or core beliefs. The scripts that have been handed down to us . | Types of shame | p. 2 Jo |
| 05:01 Socially correct/acceptable/accurate shame that will prompt us to apologise and make amends | you've also got, you know, the different types of shame that I would feel, say if I had, I don't know, gone and put someone’s window through. You know if I felt shameful for that, that is something that would prompt me to maybe going apologise to make amends. | Types of shame | p. Jo |
| 05:39 Accurate shame | if I was to feel shame because I don't know, I haven't sat at my laptop doing 15 hours of work on my day off, for my uni essay and I'm beating myself up. That's not necessarily accurate shame | Types of shame | p. 3 Jo |
| 00:06:09 Accurate – it guides us to be decent human beings, we should feel certain ways, it guides us to correct our behaviour, to grow to be better, to be accountable, to make amends, to work on ourselves. | It's… always tied in with being a decent human being. I feel like, to an extent, there are things that we should feel. And I don't know, I like, that's interesting. I don't really like the word she ‘should’ 'cause I was, you know, the counsellor usually goes: ‘Whose ‘should’ is that?’ That's the counsellor in me, but I feel like there is…some shame guides us to correct our behaviour. It guides us to grow to be better. You know, I wouldn't want to go through life and not be accountable. And I suppose it goes on to being accountable. So shame might make me think: 00:06:50 Jo ‘Hold on a minute. Actually, that wasn't the most appropriate response’ or that wasn't, you know, I've torn a strip off somebody, but actually, that's about me. It's not about them, and that might guide me to then go making amends. It might guide me to go and do some further work on myself, to find out where's that come from, why was I so reactive. Erm and I think …it helps us. | Types of shame - | p. 3 Jo |
| 07:15 Accurate shame that leads to a moral compass (Nathanson’s compass of shame does not include this) | in a wider context in society, you know. We should be ashamed that we, in this day and age, we have people sleeping on the streets. Not that it's shameful to sleep on the streets, but I find it shameful that as a society we can't provide for the people around us. And I think we should feel ashamed about that. You know, we should feel shame that we're still having to deal with racism. You know, I feel ashamed, sometimes.  00:07:44 Jo As a society, we're, that's still going on and we're still having to have those conversations or about, you know, sexuality. I feel ashamed that people have to ‘come out’. They shouldn't, in my opinion, there shouldn't be a thing is as ‘coming out’. You know somebody should be able to just say this is my girlfriend, this is my boyfriend, this is my nonbinary, no labelled, you know. This is the person that I'm with, you know, and I ….think shame can push us to go: 00:08:12 Jo ‘How can we do this better?’ I think for me that's what ‘accurate shame’ is . And sometimes you need to be uncomfortable, to take that brave step of going: ‘This isn't right.’ And that can come from shame. | Types of shame | p. 3 Jo |
| 09:14  Body language, Shrinking in size, avoidance and eye contact, fiddling, skin picking, language e.g. ‘should’ ‘Not ok’ | I can see a client shrink in front of me. You know they, it's almost in, you know, in their body language they kind of shrink down there might be a lack of eye contact, you know. Some increase of messing with… rings ,if they wear rings or skin picking. or sometimes it's in the language that they use. You know if… I've got a client that is using lots of: 00:09:43 Jo ‘I should do this?’ ‘Should do that?’ ‘ It's not OK for this.’ ‘It's not OK for that’. | How to spot shame | p. 4 Jo |
| 09:49 Scripts Not feeling valid. There’s something wrong with me – conditions of worth | where does that come from? And…usually that goes back to a script that they've been told about themselves, or feeling this emotion isn't valid, or it's not OK, and they've internalised that, usually as a  because I am feeling this’ or because I am, you know, ‘there's something wrong with me’ and that usually comes down to shame, or that ‘not feeling good enough.’ And I think they go hand in hand as well. | Where shame comes from/origins | p. 4 Jo |
| 10:57 People who have experienced domestic and sexual abuse | I do see some clients that are shame prone, and I think, particularly because I… would say 80%, I do have some clients that are related around sexual violence, but I'd say 80% of my clients fall into that category. | Who is more prone to shame | p. 5 Jo |
| 11:36 People who have experienced trauma | even if it's not sexual violence, it's trauma 'cause that's primarily what I work in. There’s usually comes down to shame. | Who is more prone to shame | p. 5 Jo |
| 11:36 Childhood experiences and messages | I do think some people are more prone to shame. Also, depending on, usually their childhood, and the messages that …they've received. | Shame identity – more prone to shame | p. Jo |
| Unaware of carrying shame until it was brought to light by PT | I was not really consciously aware of it. Apart from that appropriate shame, you know, I wasn't really aware of the shame that I was carrying, until my therapist explicitly brought it into the session | Hiding in plain sight | p. 5 Jo |
| 13:14 unaware of how much shame | And when I actually thought about it, I was like, oh, shit, actually, I do. There's… a lot of it. | Hiding in plain sight | p. 5 Jo |
| 13:42 Being shameful about parts of self | But the messages around what I'd absorbed had become part of me, so I thought that I was, you know… hard work difficult to be around, overly sensitive. 00:14:05  And all of those things, naturally, that was just all shame that had been put on to me, but I'd absorbed that as part of my identity. Actually, I am oversensitive. I am highly anxious. I'm this and that and the other. And so me, as an essence, was shameful because I was all those things. | Identity of shame | p. 5 Jo |
| 22:06/ 22:33 Client misunderstood therapist |  |  | p. 8 Jo |
| 27:54 Insidious and taboo | it keeps going back to it being insidious and taboo | The nature of shame | p. 10 Jo |
| 27:54 | A lot of those messages that I find particularly, that come from core beliefs or scripts. | Origins of shame | p. 10 Jo |
| 27:54 Avoid being seen | And around safety as well. So I suppose with my primary experience being in sexual violence, you know my clients have spent the majority of their lives being safe by not being seen. | How to avoid being shamed (and stay safe) | p.10 Jo |
| 27:54  Avoid being seen Not express emotion | Being safe by being as small as possible, being safe by not expressing any emotion… | How to avoid being shamed (and stay safe) | p. 10 Jo |
| 29:37 Comes from conditions of worth Ferguson, Eyre and Ashbaker in Brown p.74 (2000) ‘‘Unwanted identity’ elicits of shame – they undermine our vision of our ideal selves’ | wherever this place of shame has come from because they've usually internalised that, in terms of messages about themselves. | Shame identity/internalised shame | p. 10 Jo |
|  | I feel that as counsellors it should be more of our training. It should be a bigger portion of our training. There should be more. Yeah, I think it's great that you're doing this research because there needs to be more research on it. |  | p. Jo |
| 32:04 Should be more | I feel that as counsellors it should be more of our training. It should be a bigger portion of our training. There should be more. Yeah, I think it's great that you're doing this research because there needs to be more research on it. | Shame training | p. 11 Jo |
| 32:20 Ethical responsibility towards our clients to be mindful of shame in ourselves and others | We need to stop being ashamed of having shame, both within our profession. and within, you know the issues that our clients are bringing to us. You know, there just needs to be more of an awareness of it. You know…we hear a lot about trauma informed counselling and attachment informed counselling. I feel like because shame genuinely, I think it impacts all of us at some point. 00:33:00 Jo And I think all of us carry it even if we have worked through it, and we can go ‘Oh I know where this is coming from.’ 00:33:05 Jo It's still there a little bit and I think…that should be something that we're all consciously aware of, for ourselves, and for our clients, and being mindful that we can carry that shame as well, you know. | Shame training - | p.11/12 Jo |
| 33:27 Accept our shame | we shouldn't be ashamed of our shame | Insights on shame | p.12 Jo |
| 38:59 It’s two-way – dual process – both client and counsellor can be feeling shame- one for their issue, the other for not being sure if they can deal with the issue- that can hinder the process | it's a two-way thing. You know, clients can be sitting there feeling shameful because of what they're bringing. As a counsellor, you can be sitting there, feeling shameful thinking.  ‘Who am I to be doing this? ‘I'm not good enough’  you know…’I haven't done enough CPD hours to, you know, to work with this effectively?’ Erm… And actually that can hinder that process. | Shame in the process | p.14 Jo |
| 38:59 Be aware | - So I just think…it's being aware that it is potentially there. | Shame in the process | p. 14 Jo |
| 38:59 separate your shame from client's | And being able to separate: ‘Is this my shame?’ ‘Is this the client’s shame?’ Because you also don't want to be putting shame that's yours, onto your client. I think that's really important as well. | Shame in the process - separate your shame from client's | p.14 Jo |
| 40:36 doing more interventions to connect, but it was imposter syndrome | So I think particularly in the early days, when I was, you know, very newly qualified and I had a lot of impostor syndrome, and, you know, I was perhaps at times struggling to reach clients…and in the very early days. I almost felt like I had to be doing something, you know, so I was always churning out these interventions that just weren't landing. And so I was trying to do more and do more. And actually what I learned is, sometimes you just need to be there, you know. But that was my shame, in terms of: 00:41:18 Jo ‘Am I good enough?’ ‘Am I doing enough?’ | Shame in the process - Not putting shame onto clients | p.14 Jo |
| 00:46:08- more personal experience and way of being – accepting the client and their shame | I think it's more influenced, actually, by my own personal experience rather than a therapeutic approach, and not to say that it's not there. But I think part of having, being person centred at my very core, is accepting who they are… so even clients can carry, can be ashamed about having shame | Influence of therapeutic approach | p. 16 Jo |
| UPR Validation of experiences and frame of reference Accepting of their shame – which makes it safe to explore its origin, impact and purpose | So I think. Accepting them unconditionally, you know. Validating their experiences, whether it's accurate, whether it's an accurate representation or not. That is how it feels for that client. In that moment. You know, even if it's the most unrealistic thing in the world. That's still real to them. That's still how they feel, an, you being OK with the shame that they have, and you being OK with their experience, makes it safe to explore. Where did it come from? What impact is it having on you? What purpose does it serve | Influence of therapeutic approach - | p.16 Jo |
| 46:55- shame serves a purpose | 'cause sometimes shame, I know it ‘s a bit late in the day to bring this in, sometimes shame… carries a purpose, you know? | Influence of therapeutic approach | p.16 Jo |
| 00:47:39  Do they need to feel guilty? Do they need to be responsible? 00:47:49 If they take the blame from their parents and carry the shame, they maintain image of nurturing parent | Are they feeling shameful because they believe that they should feel guilty because they feel that they've done something terrible, and does it keep that guilt at bay? 00:47:49 Jo Is it they're carrying the shame because if they hold all the responsibility, it wasn't actually their parents’ fault and they can still have that image of a nurturing loving parent that they need to have? Is it that if they carry shame, it's their fault, and so, the pain is easier to deal with because it's all their fault rather than something was just terrible that just happened to have happened to them, so sometimes it's, it carries the purpose for them. So sometimes it's worth exploring : What function does it serve | p.17 Why some people carry more shame – does it serve a function? | p. 17 Jo |
| 49:50 Humour (appropriate) | 00:49:50 Jo Depends on the client. I think, uhm, sometimes humour can be really helpful. You know it can help if things have got really intense and the client's being really shameful, and you can see them struggling to catch their breath and to re stabilise themselves. Sometimes just breaking that ice. Using humour uhm, can be really helpful. It's not something that I would necessarily bring up straight away, so if a client had … maybe made a joke or made a flippant remark, I might kind of joke a little bit with them. Providing it wasn't clued in too much. You know, you've got to have that line between: Does the client need this in this very moment to be able to continue? Or is the client avoiding,? So sometimes you use humour… it can be a massive remedy. It can be soothing … it can make it more tolerable. And it can help the client see you as a human being as well, not just… the person with the clipboard, that's got all the answers and you're just waiting for them to hand them out of their bag ,because they're, you know they are experts. So humour I think. | Antidotes | p. 17/18 Jo |
| 00:51:10 consistency of UPR, validation - | 00:51:10 Jo Consistency, and this comes from both my experience with clients and my personal experience of, if I've brought something that's shameful, I will be looking for cues for changes in my therapist behaviour, you know, and actually it's having that consistent response time after time, and it's something that I now take into my practise. 00:51:31 Jo That creates the safety for them to think. Actually it is OK for me to say this that I've been carrying for years, because my therapist is always going to be the same, you know, and… that can help with the expectations of…are we just saying what we meant to say? 00:51:50 Jo You know, so I think consistency and just that positive regard, that validation, on a consistent basis, regardless of how the client presents. So, I will validate that emotion, regardless of kind of where they're at, so you know if they're in the very early stages, I will do the. I know you can't hear this but…And I will continue doing that. | Antidotes | p. 18 Jo |
| 52:13 Validation - know you can't hear this right now, but... | . I know you can't hear this but…And I will continue doing that. 00:52:13 Jo You know the clients that I've got a particularly good relationship with. You know, I might even say I know you don't like it, but I do feel it's important, that actually, you know, you have shown a lot of bravery. I know you don't see it like that, and that is OK. I'm not asking you to. But you have been very brave today. And then they can pick it up and put it down, and doing that on a consistent basis, you know, really helps with that . And acknowledging it, you know, I will openly say to clients as well when they come in… | Antidotes | p. 18 Jo |
| 52:46 Build trust – sensitivity, explaining the process, being congruent, setting boundaries, careful pacing with the client, being explicit and honest about your thoughts and feelings, but not bleeding over clients - then the shame can’t cling | 00:52:46 Jo …particularly with me working in sexual violence, I will openly say, you know … this, I don't expect you to trust me straight away. Yeah, I'm a complete stranger you don't know anything about me. I need to earn that from you. So, you know, we're going to go at a pace that suits you, you know. And I have to be very careful 'cause I only have 12 sessions, so it's being mindful of that as well. So I'll say, you know we have only got these 12 sessions, but within these 12 sessions we'll take at the pace for you and it's going to take time for you to build that trust in me, and that's OK. And just having that complete open frank, honest. ..The client isn't then sitting there second guessing about what you're saying, what you're thinking because you've explicitly said, said it so, then the shame can't cling to that. 00:53:35 Jo Because you've told them what you're thinking, you've told them. 00:53:39 Jo What your feeling, where it's appropriate. Obviously, you know you don't wanna be bleeding all over the clients, but you know what I mean. | Antidotes | p. 18 Jo |
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| Codes: Time | Quotation | Theme | Transcript |
| 00:27 Therapeutic Approach | Integrative therapeutic Counsellor MA and CBT therapist MSC | Participant’s background | p. 1 Kate |
| 00:41 Time qualified | 14 years | Participant’s background | p. 1 Kate |
| 02:04 , 03:07 Shame training | 1 session in each training, has read a book on shame and covered it in supervision | Participant’s background | p. 2 & 3 Kate |
| 03:30 Definition: Uncomfortable emotion, secret, don’t want to be judged Embarrassing Difficult to think about | …I guess it's where a client 00:03:35 Kate Is experiencing an unpleasant uncomfortable emotion which they feel they can't share with other people... whereby perhaps they feel that other people would judge them 00:03:51 Kate And it's something that they feel embarrassed about and 00:03:55 Kate find it difficult to even think about quite often. | Understanding of client shame - definition | p. 3 Kate |
| 04.21 Body language Fidgeting | …body language might be that they kind of hold their head down, maybe fidgeting... difficult to make eye contact. 00:04:42 Kate Maybe going red, looking away... 00:04:47 Kate Yeah, definitely fidgeting. Fidgeting about, more than usual. I've got one client who regularly kind of goes from his knees to his feet and brushes from his knees to his feet in the session. | Client shame – how to recognise it | p. 3 Kate |
| Difficulty in talking about Secret Humiliating Fear of being judged Dread Physical repercussions – toe curling | 00:05:46 Kate This is something that I find really difficult to talk about and this is something that. 00:05:52 Kate I don't want to go outside this room, uhm? 00:05:57 Kate It's something I've never told anybody, uh? 00:06:01 Kate If other people found out.... 00:06:04 Kate It would be disastrous...it would be... I wouldn't be able to cope with it. I'd be so humiliated, uh? 00:06:15 Kate ...what else might they say? Ah, just like, oh, I feel 00:06:20 Kate really awful when I think about this I. 00:06:21 Kate Feel uncomfortable in my stomach. 00:06:24 Kate One girl used to tell me that her she felt her toes curling up inside her shoes | Client shame - How to recognise client shame | p. 4 Kate |
| 06:33 How to recognise it | physical sensations and some general massive discomfort in talking about it | Recognising Client shame | p. 5 Kate |
| 00:07:16 sexual | But I guess there would be certainly some shame of a sexual element, so something that somebody's either done or had done to them that was... 00:07:27 Kate that they then perceive as being wrong. Or maybe it was wrong. Maybe it was to do with something that happened when they were younger child... so any any element of UM, there would be many sort of. 00:07:41 Kate Ways that would shame would come into a situation with regards to sexual thoughts or behaviour. | Types of shame | p. 5 Kate |
| 00:07:51 Mental health conditions, thoughts of doing or actual harm to others, or thinking they could cause something bad to happen | 00:07:51 Kate I think sometimes shame can crop up with regards to certain conditions, so somebody got OCD. They're quite often experience shame, as in they think that they've done something or they think that they will do something to harm others, or even, they think that just having that thought 00:08:11 Kate ...could cause something bad to happen | Types of shame | p. 5 - 6 Kate |
| 00:08:17  Sexual Linked to disorders Regrets – role as a parent, role at work,  Should have acted differently in a situation | One type of shame might be of a sexualized element and one...might be linked to certain disorders, such as that mental health disorders such as OCD....and there's probably others that it could be linked into…Sometimes I think people experience strong regret about things that have happened in the past, perhaps in their role as a parent, or maybe even in their role of work. So, I imagine that there's some kind of shame which is tied into… come to regret, orientation where people feel perhaps have strong feelings that they should have done something differently. They should have acted in a certain way, and they didn't | Types of shame | p. 6 Kate |
| 00:09:32 If unexpressed or explored, it could lead to long term mental health disturbance; ruptures in relationships; inability to feel – dissociation; wanting to hide parts of self | I think if it Isn't expressed or explored, or 00:09:36 Kate ...therapeutically…. Or if a person isn't able to share or vent their shame or their feelings of shame. Then I think it can lead to long-term, my guess is, sort of, long term mental health disturbance. Or I would think that it could lead to some maybe ruptures in their relationship with other people....especially if it's something of a sexualized nature, it could lead to inability to maybe be able to even feel...dissociation, you know when it comes to maybe, being in close contact with somebody else or it could lead to perhaps a person wanting to hide various bits of their body. | Long term effects of unexpressed/untreated shame | p. 6-7 Kate |
| 00:10:26 Loss of pleasure (sexual) | I think it could result in somebody never.... I mean again, I'm mainly thinking of sexual shame at the moment, but 00:10:34 Kate it could lead to people feeling that they're never able to experience pleasure because they shouldn't, or it's wrong, or they're not allowed. | Long term effects of unexpressed/untreated shame | p. 7 Kate |
| 00:10:44  - loss of pleasure in any aspect of life due to regrets | Yeah, not able to maybe 00:10:48 Kate find pleasure in any aspect of life due to a feeling that they... should have behaved in a certain way, or should or shouldn't have done something, | Long term effects of unexpressed/untreated shame | p.7 Kate |
| 10:48 Guilt attached to shame – not worthy, or shouldn’t enjoy certain activities | then that whole feeling of maybe guilt that's attached to shame ...and kind of feeling, perhaps that they're not worthy of ...or shouldn't now be able to enjoy certain activities | Long term effects of unexpressed/untreated shame | p.7 Kate |
| 11:20 Physical manifestations, such as sleep and eating disturbances | course it could lead to some sleep disturbances, eating disturbances...mood..rapid mood disturbances, kind of fluctuations. I imagine. Loss of libido... increased or decreased appetite. So, I imagine that there's lots of physical things that could happen as a result of long-term unexpressed or ...untreated shame. | Long term effects of unexpressed/untreated shame | p. 7 - 8 Kate |
| 00:24:22  Not dealing with own shame - If something triggers or touches vulnerability in the therapist, it could lead to the therapist shutting down the client; rescuing then client, block the therapeutic relationship, | I guess it could lead the, if the person was uncomfortable in thinking about their own issues, …or past experiences. Then when a client talked about something which triggered off a shame reaction, or thought in their therapist, the therapist could potentially want to shut the client down, because they're not able to listen to it, because it...reminds them of something. Or maybe they'll make an excuse up for the crying and say, well it wasn't your fault. You know ‘you were coerced, ‘or kind of telling a client how they should feel about a situation...if it was something that perhaps they over identified with, so ...it could potentially lead to a block within the therapeutic relationship. I imagine. | Importance of understanding own shame - | p. 14 Kate |
| Codes | Quotation | Theme | Transcript |
| 00:00:30 Person-centred integrative. Worked for organisations, education and private practise | …Well, I qualified in about 2005…. 00:02:52 Anna  Over the last few years,  00:02:54 Anna  but never really took the plunge to come out of … working for an organisation, so I've had varied experience, children and adolescent and sixth form.  00:03:08 Anna  I’m doing a bit more adults now, so doing my PP and I'm also working for universities now. | Background of therapist | p.1 Anna |
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