Therapist Shame

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| Qty | Id | Desc | Name |
| 03:10 Imposter syndrome | impostor syndrome, and that is, I personally think associate with shame, thinking that you're not good enough. | How shame manifests/hides in plain sight – therapist shame | p.2. Pam |
| 18:08 Congruence with supervisor impaired by shame - fear of being judged and attitude towards authority | Understanding own shame. It's ...down to communication. Obviously it's sort of like private life and professionally I have been through a period of time when I was in training that I was in a placement, and I haven't been going to my supervision for a while, Uhm, that, I know that it was shame because I felt like, I'm alright doing at my job as a counselling student, but I was so worried about getting judged by my supervisor. Although my supervisor had never had the problem. You know, I think it's just me at the time. My relationship with authority that you know I don't want to be judged. | Therapist shame | p. 6 Pam |
| 19:16 understanding - realisation, talking about it (Courage to be transparent, congruence with self and with supervisor) Recognising the power imbalance, fear of authority figures or no respect if the authority figures are not congruent. Being given the space to process, personal therapy to understand what is happening with authority figures, and dispelling the fears. Needed to be congruent with supervisor about issues with authority and fear of being judged, seek personal therapy | And understanding that, and once I managed to book the time with my uni supervisor, and then we talk(ed) about it and then I realised my relationship, how my relationship with authority, is that, you know,  I would despise people who claim(ed) to be (in) authority, but they don't act like one, but when there is an authority and when I highly respect them, I find that I'm afraid. And going through that hurdle when processing it, put me back in the space of going back to sort of go through some personal therapy work with how come I'm having that relationship with an authority figure. And it makes me even more open after I managed to process it because  I no longer feel like I need to be afraid. | Therapist Shame Qualities of therapist | p. 6 Pam |
| 21:22 Parents confronting and questioning abilities of therapist | understanding - realisation, talking about it (transparency, congruence with self and with supervisor) Recognising the power imbalance, fear of authority figures or no respect if the authority figures are no congruent. Being given the space to process, personal therapy to understand what is happening with authority figures, and dispelling the fears. | Triggers of therapist shame | p. 7 Pam |
| Part of therapist recognises they are part of the puzzle, but still question their skills and feel ashamed | ...that normally would be the biggest trigger is telling (you) that:  ‘You're not helpful, nothing changed.’  00:22:32 Pam  That shame sort of. Although part of me would understand that it's not just me. Because I'm only a part of the puzzle. At the same time, I think I feel ashamed because I felt like,   ‘Is it because my skills are not good enough to make a change?’ | Therapist Shame | p. 8 Pam |
| 23:03 Shame may be a projection from a parent - ‘You are professional, you can’t help with it’ and they felt probably feel the same: ‘I'm the parent, and I can't help.’ | shame might be a projection from parent. Projecting on us. If that makes sense, and the fact that, you know:  ‘You are professional, you can’t help with it’ and they felt probably feel the same:  ‘I'm the parent, and I can't help.’ | Therapist shame | p. 8 Pam |
| Imposter syndrome Devil we carry Not good enough | as the practitioner, it’s tied into a lot of impostor syndrome. You know, and that Devil that we that we carry. You know, for me, it's:  ‘Am I good enough?’ | Therapist shame | p. Jo |
| 34:05 being congruent about our values, how we really live and what we expect for our clients | the values that I place upon myself as a counsellor and my the shame that I personally tend to carry is when I'm not doing what I'm almost preaching, not I preach at clients, but you know, I think, when you're talking to clients and you're expressing how important it is to take time out for yourself and you're sitting there thinking, oh, I'm so tired 'cause I've not taken time out for myself, you know, and… I think, particularly in the early stages of training. | Therapist shame - | p.12 Jo |
| 00:34:50 Accepting yourself for being human | I remember when I, you know I went into counselling, and being like, yeah, you know I'm sorted. I'm together now , … I can be a counsellor now. And I'm far from sorted, you know? And I'm, and I've got to a point where I'm OK with that. You know, that's absolutely fine. Uh, but there was a point where it was like : ‘Who am I, as a counsellor, when I'm struggling with the fact that I'm not really taking care of myself very well’ | Therapist shame | p. Jo |
| 00:35:14 Self-acceptance Not doing perfect self-care | You know we have all of this. There's always a shame around, if you're as a practitioner, if you're not doing perfect self-care, as well, you know if you're not doing Yoga, and you're not, you know, meditating 5,000,000 times a day and you're not…wandering through the forest singing Kumbaya with a guitar. You know, how can you possibly be well enough and together to you know… and actually we are human as well. We are human 1st, and actually there are. ..We do need to take care of ourselves. Don't get me wrong, I'm not saying. 00:35:47 Jo That, but actually there are times when actually our self-care does take a back burner because we have crises and families and responsibilities and deadlines, and so it's also about accepting who we are, as counsellors, primarily as human beings that have also had difficult lives, difficult situations going on | Therapist shame | p. 12/13 Jo |
| 35:47 It's ok to struggle and not live up to other people's expectations. | it's OK for us to struggle, and I feel like there's a shame around us not doing that because we should be together and sorted and have all the answers and who are we? If we're not, | Therapist shame - | p. 13 Jo |
| 00:36:30 - parallel process with client | And even if we've got, you know, say, attachment again, this is my own experience. I..have an avoidant attachment style, which I'm very aware of, and you know, I try and compensate with that, you know through therapy and you know, various different things, but I'm aware of it. But again, it's that parallel process I was sitting with clients thinking who am I, you know, I can't even attach to my …counsellor because, you know, I have trust issues. So who am I to be sitting there telling them how to do it? You know how further along do I need to be? | p.13 Therapist shame | p. 13 Jo |
| 00:37:04  unrealistic standards placed on us as therapists by ourselves, trainers, society, creates shame | And I think sometimes we… absorb that because of …society's perceptions of us, the perceptions that we placed upon ourselves, and almost the standards that training places on us that we should be doing self-care and we should be doing this so we should be doing that. And actually, I think we're all just doing our best, as human beings and… there's no shame in that, but unfortunately there is. | Therapist shame - unrealistic standards placed on us as therapists creates shame | p. 13 Jo |
| 26:32 If shame is not acknowledged (left in the dark) in supervision – the therapist would not grow | a therapist wouldn't, potentially 00:26:38 Kate ...what's the word ,...grow and flourish | Understanding therapist shame | p. 15 Kate |
| 00:08:02 Shame is about ‘not being enough, needing to be perfect, being wrong’, and it can rise up in supervision – which helps understand client shame | So to me, so the shame is about 00:07:47 Anna  ‘not being enough’ 00:07:49 Anna  ‘needing to be perfect’ and or it, it's about ‘being wrong as that person’ …and so like you said rightly before you know this is this can happen in supervision.  00:08:02 Anna  ‘Being aware of my own shame’, this can happen in supervision. This can happen personally to me, so I so I really understand it. | Therapist shame | p. 4 Anna |
| 10:16 Therapist shame - very important to acknowledge it, accept it , answer it back, admit feeling vulnerable, but recognise you are OK, but if it's overwhelming, reach out for help, or address it. | That's very important.  00:10:18 Anna  Because that called hinder or sabotaged my work with the client.  00:10:24 Anna  So it almost like, keeps me clean thinking right that I need.  00:10:28 Anna  To be very self.  00:10:29 Anna  Reflective and need to be that is going on for.  00:10:32 Anna  Me at the moment.  00:10:33 Anna  You know there's something about with the ME that it comes and goes, you know so where… So the physical and the emotional struggle and there can be a real strength and acceptance.  00:10:45 Anna  Then I know where I'm at and I've  00:10:46 Anna  got enough rest 00:10:47 Anna  days, but then all of a sudden, 00:10:49 Anna  something can pop up.  00:10:50 Anna  Well, yeah, I don't feel good enough for, but it's so, it's being able to address my own shame and know that it's there. And I I honestly believe it's given me peace,  00:11:01 Anna  knowing that that makes me who I am, that makes me the therapist I am and Anna, and the person I am.  00:11:08 Anna  Erm, so I'm not trying to get rid of it. I try and understand it and I accept it. And when I do have like a shame gremlin telling me I'm not, I don't say: ‘Go away’ and be ashamed of having that shame.  00:11:22 Anna  I sort of say answer it back and say you know, like OK yeah, you're feeling like this at the moment.  00:11:28 Anna  You're feeling vulnerable, but hang on a 00:11:29 Anna  minute, you're OK with this.  00:11:31 Anna  You need to put this 00:11:32 Anna  to one side, you know.  00:11:33 Anna  So it's being very aware and knowing when it it can be crippling can shame. Obviously if it becomes overwhelming, so knowing when I need to ask for help or I need to address it | Therapist shame -5 | p. 5 Anna |
| 00:11:33 be aware of the affect of shame, know when you need to ask for help if shame is affecting you from the sessions, be honest about making mistakes and being human, don't see yourself as more than or expert of the client, self disclose about being human, use appropriate humour. Take shame to your supervisor - admit mistakes – behave ethically | So it's being very aware, and knowing when …it can be crippling, can shame, obviously, it becomes overwhelming. So knowing when I need to ask for help or I need to address it 00:11:47 Anna  or I need to address it in supervision, or I need to go for my own personal counselling. Because otherwise it's going to be entangled, enmeshed, isn't it? That you're going to be in that room … with their shame and your shame, …and you know, …and with me what's helped me as well is it's voicing when I make a mistake.  00:12:07 Anna  You know that's about being ethical. That's about being person-centred, and that actually 00:12:14 Anna  helps somebody who is feeling that …there isn't this level. They see quite, you know, being equal that they feel I'm above there and being able to say you know, even if it was with tech or whether it was with 00:12:28 Anna  getting the pronouncement (pronunciation) wrong, or something like that; being able to say I'm sorry about that. I have got that wrong there.  00:12:35 Anna  I get things wrong sometimes you know, and  00:12:37 Anna  joke about it with them | Working with shame Therapist shame | p. 6 Anna |