Triggers

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| Qty | Id | Desc | Name |
| 06:20 Low self-esteem | 00:06:20 Pam clients who are ashamed of themselves, obviously the most common theme would be low self- esteem, they just think very little of themselves. | Triggers | p.3. Pam |
| 06:20 Trauma | And some of them, a lot of the time client shame come from trauma as well. | Triggers | P.3. Pam |
| 06:20 Being shamed, attacked | There is a significant other or an authority figure in their lives (who) at some point attacked them as a person, attacked their personality, their characteristics | Triggers | p.3. Pam |
| 09:13 Shame triggers shame | If I say the word (shame), then it would trigger even sometimes it would trigger even more, about how they feel. They would, you know, some of the clients would sort of start sobbing, and then start it. Sort of like, ‘Why can't I do it? Why can't I do it?’, then just go onto a downward spiral? | Triggers | p.4 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 |
| 42:49 If shame is triggered in the therapeutic process: seek support through supervision  If shame is triggered - scoop it up and put it aside for the time being (bracketing)  Seek support once the session is finished | what I will normally do if there is a big emotion..., first off, I would see if my supervisor is available.  00:43:07 Pauline  OK, OK.  00:43:10 Pam  Uh, but I ... would take notice of it, definitely. And I would store it not like, suppressing it but, just hold it like having an extra pair of hand(s), scoop it up and put it somewhere else for the time being. … and ... once the session is finished, then I would seek support | Triggers | p. 15 Pam |
| 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 |
| 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 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 |
| O6:54 Being made to do something they are not comfortable with | that's probably partly my own experience, where if something being made to do something they're not comfortable with. But they know, it's not right. But they had had to do it anyway. Then there's a lot of shame around that | Triggers – therapists and clients | Lucy p.4 |
| 00:15:15  Taboos/stigmatized behaviours e.g. abortion, self harm,  p.77 Brown I thought it was just me – acknowledging vulnerabilities vs understanding shame triggers | I think anything that has a taboo or stigma within society, where there's a lot of shame around. Uh, you know, whether that's, you know, issues around abortion, pro-choice? And issues around self-injurious behaviour particularly, there's a lot of shame, I find around mental health and…unacceptable behaviours that are deemed to be calming. So behaviours that are stereotypically, you know. If you were to put that out there, it would just seem self-destructive. 00:16:05 Jo And I feel like there's a lot of shame around, for clients engaging in those behaviours. And there's a shame that that is further attached to society. | Triggers | p. 6 Jo |
| 16:33 Eating disorders, sexual violence, anything taboo, anything that touches a core belief from childhood. | eating disorders. You know that's another one. And obviously you've got the whole field of sexual violence that's, you know, shame in that. So anything really that has a taboo, and then anything that touches… a very deep core belief that comes from childhood | Triggers | p. 6 Jo |
| 17:56 - emotions that are not validated, judgements from others, comparisons that others are worse off, | …emotions that haven't been validated, and the connotations that are applied to that, you know the… whole you know, being oversensitive, being you know,  ‘being dramatic ‘is a big one. You know,  ‘I feel like I'm being silly, saying this’,  ‘There's lots of people in the world.’ ‘ They've got bigger problems than me’, you know, and  ‘I'm sitting here upset about this, when you know Ukraine…’ | Triggers | p. 6 Jo |
| 00:18:46  Counselling Conditions of worth/scripts Comparisons Judgements from others Self-condemnation | and there there's a shame for sometimes even coming to counselling in the 1st place.  ‘Why I shouldn’t I be able to cope with this?’ I you know,  ‘It's not really a big deal.’ 00:18:54 Jo ‘There's…people starving.’ ‘There's… real problems…I should be better, I should be more able to..why can’t I just…bottle it up and and carry on. So even just coming to counselling, for some people, can be shameful. | Triggers | p. 7 Jo |
| 19:38 Choice of words by the therapist: concerned for you | I think it's really important, to be mindful that words that I might choose to use, could actually really trigger something in the client. | Triggers | p. 7 Jo |
| 20:58  Watch body language Check if conversation shut down | I'm more mindful of you know ,those little things, body language. Did I say something and suddenly they looked away? You know. Did I say something and suddenly the conversations shut down? | Watching for triggers – how to deal with shame | p.8 Jo |
| 00:12:28 Shame identity/Core beliefs Conditions of worth; introjects – e.g. I am a bad person | I mean, I guess people could have a core belief ...about themselves with regards to. You know, I'm a bad person. And then in future life it could make them feel kind of guilty. It could crop up for them, but I don't know. I haven't really given it any thought as to types as such in that way. Identities. | Triggers/vulnerabilities | p. 8 Kate |
| 13:09 COW/Introjects/Coercion | Yeah, I mean, I'm sure childhood would be a trigger. being forced or encouraged to…do things that perhaps a person later regrets. So, sort of coercion, I imagine...coercion ..from others | Shame Triggers/vulnerability | p.8-9 Kate |
| 00:13:39  - Matching triggers with past memories of events that trigger present events through association. e.g. a place, object or smell that has associations | 00:13:39 Kate And then kind of matching triggers in daily life could be if it you know if somebody experienced something...whereby they have experienced shame when they were younger, say, and then something happens now which reminds them of that situation. That could be a trigger. | Shame triggers/ vulnerabilities | p. 9 Kate |
| Shame defences Dissociation | 00:16:32 Kate I think commonly people do ...dissociate and so that there's a feeling that they weren't actually there. 00:16:43 Kate ...or they're not there now. When they think of a certain situation,….or maybe that they were...That ... it was as a result of their upbringing, maybe that they performed... a certain act, and that that it was... not due to their own decisions, it was. It was, you know that....Whether it was other factors that kind of made them act a certain way, it could be alcohol or drugs that would be ...a kind of a…thing that people might use as a... kind of defending...their behaviour. | Triggers/ vulnerabilities | p. 10 Kate |
| 00:18:26  Memories | I would think a memory of an event that has happened. I would think that memory would be a cause of the shame feeling coming up. | Triggers/vulnerabilities | p. 11 Kate |
| 00:18:51  Secret addiction e.g. porn | If people have an addiction to something and they feel that they can't control this addiction and the addiction supersedes anything and everything in their life, so it might supersede a relationship that they have…a mum or you know, family and it might be that the addiction …is compulsive gambling or it could be compulsive watching of porn So ...I've worked with several people where they've compulsive addiction to watching porn, and it's caused a massive problem on family life. | Triggers/vulnerabilities | p. 11 Kate |
| 00:21:04 Behaviours that might upset others | doing something that might potentially upset other people if they knew, I think can be a massive cause of shame for people | Triggers/vulnerabilities | p. 12 Kate |
| 00:21:20 What causes shame are the things they keep secret  Causes of shame  Why people come for therapy | 00:21:20 Kate ...Quite often the things that cause people shame are things that they'll never tell anybody else. I've had many many people come along for therapy and say you're the only person that knows this. 00:21:35 Kate I haven't even told my husband or my wife, and they might have been married for 50 years, so I think 00:21:42 Kate you're in a privileged position as a therapist to 00:21:46 Kate Be party to and bear witness to 00:21:49 Kate all of that stuff | Triggers/vulnerabilities | p. 12-13 Kate |
| 00:31:00 Shame can be triggered at any point by something the client or therapist says or does | shame could be triggered or activated, so 00:31:08 Kate at any point, a client could say something ... about their own situation where they feel ashamed - the client - or the therapist could be triggered in terms of...there might be something that they say or do 00:31:24 Kate of which they then become ashamed of. 00:31:28 Kate Or have done in the past, which is triggered by something that a client says, so I suppose it's something that can arise ...at any point. | Triggers - Understanding of shame in the therapeutic process | p.18 Kate |
| 00:07:23 Therapists can exacerbate shame in therapy by being an expert  You have to explore what is happening with the client | Well, I, I think shame is universal, so, so shame is there, you know. And …it's there. And to me you can, either you could make the shame worse.  00:07:36 Anna  by coming across as an expert or …you've got to check things out 00:07:42 Anna  with a client. | Triggers/vulnerabilities          How to work with shame | p. 3 Anna |