



Shame in the Therapy Hour


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Shame is prevalent among individuals undergoing psychotherapy. Yet, there is limited guidance for clinicians trying to help their clients deal with shame-related concerns. This book explores the manifestations of shame and presents several approaches for treatment. Master clinicians from a wide variety of different theoretical and practice orientations offer candid insights into all aspects of shame, including how it develops, how it relates to psychological difficulties, how to recognize it, and how to help clients resolve it. Strategies for dealing with therapist shame are also provided, since the therapist's own shame can be triggered during sessions and may complicate the therapeutic process. Detailed case studies are included.

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