

The Secret Agent of Shame:

Shame in the Therapeutic Relationship



We are re-running this very popular workshop which received very positive feedback when first held in November 2015, and was sold out. This is a highly experiential space for Counsellors, Psychotherapists, Arts Therapists and senior trainees to explore our relationship with shame — our own, our clients' and that held in the wider field and how it may present in our work.

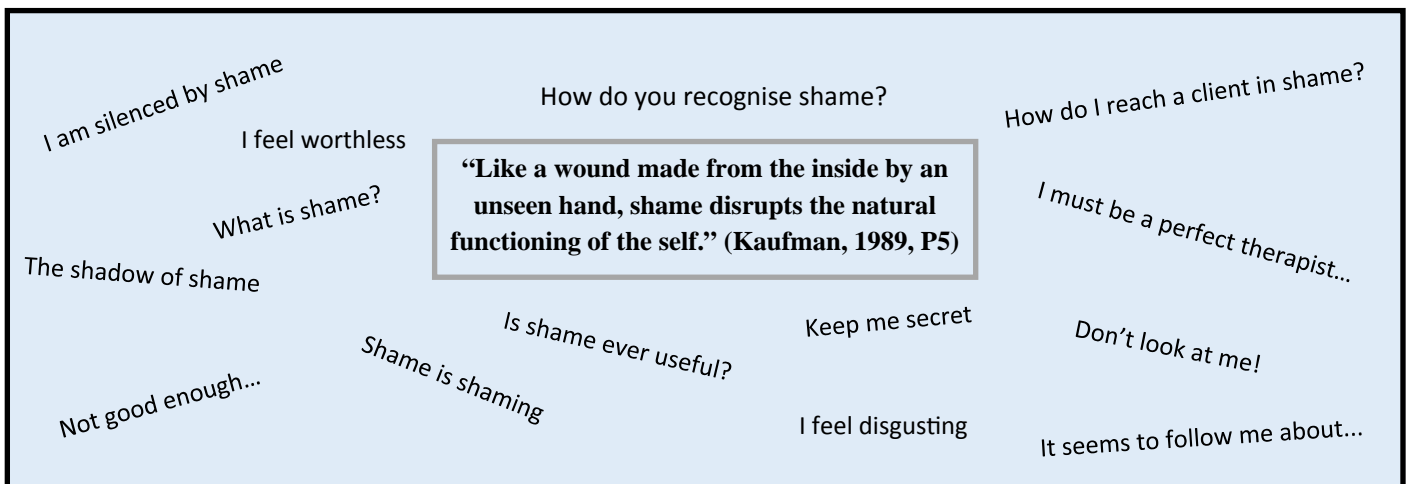
With **Martin Capps** and **Gillian Downie**

Friday 11 March 2016 10 am—4 pm (6 hrs CPD)

Gestalt Centre Wales, 10 Hocker Hill St, Chepstow, NP16 5ER
£75 (£65 early bird until 31 January).

To book call Martin on 07941 647740 or email
shameworkshop@martin-capps.co.uk

"...much of the success of any in-depth therapy is contingent on the therapist's capacity to tolerate the ever present risk of shameful exposure and on her resilience in the face of shame itself." (Jacobs, 1996)



Gillian Downie is a qualified dramatherapist, UKCP registered gestalt psychotherapist and creative arts supervisor. She has initiated, organised and developed many professional training workshops for the Sesame Institute in South Wales for the past ten years and has facilitated CPD events on themes such as Soul and Death, Soulutions: Embodied Imagination and the Human Soul, belonging, attachment, love, fear and chaos, loss, individuation, and the shadow archetype.

Gillian works both in the NHS and in private practice. She is a tutor on the *Welsh Psyche* and Soma training – a two year part time course for health professionals working with people who want to bring imagination and the body into their practice as languages of the human soul.

Martin Capps is a UKCP registered gestalt psychotherapist, supervisor and trainer with 20 years of experience in the private, NHS and third sectors. He has long been interested in the relational aspects of shame and how it affects individuals and organisations. He has taught at the Metanoia Institute and teaches on the Welsh Psychotherapy Partnership psychotherapy trainings. He is an associate of Relational Change, an organisation committed to helping individuals, couples, families, teams, organisations and communities find improved outcomes through better relationships. He is learning to fly gliders and lives in Herefordshire with his wife and dog.