

## **Desire, Ridicule, Shame and Humiliation**

A One Day Workshop for Psychotherapists, Counsellors and Trainees

As therapists one of the most common issues we encounter in our clients is the inability to freely express impulses of desire - to know, and to express, what they want and what they don't want. We often witness our clients paralysed through the simultaneously opposing thrusts of desire and shame. The workshop will highlight this phenomenon and examine it in the light of corresponding experiences of ridicule and feelings of shame and humiliation. The workshop will use formal teaching and experiential techniques to investigate the therapeutic implications of this important topic.

This workshop will examine the particular limitations imposed on full organic aliveness, on possibilities to experience the joy of living, imposed by fears of ridicule and internalised fears of humiliation. We are often witness to paralysis, in ourselves and others, as a result of simultaneously opposing thrusts of desire and fear of humiliation. There will be opportunities for participants to examine the many faces of shame and, in particular, to begin to re-examine the function of our shame, and its positioning in ourselves as a reason to be less than fully alive.

John Waterston is a Body Psychotherapist with a private practice in Bury St Edmunds, Suffolk and also has extensive experience working with various groups in the Balkan countries, since 1995. He has worked in the field for 20 years and has a wide ranging knowledge and experience of multiple modes of psychotherapy, both humanistic and psychodynamic. He is interested in the possibilities inherent in psychotherapeutic theory to facilitate social change in small communities and has recently completed a book on the meaning and function of revenge.

For more information contact:

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