

# HEALING SHAME

## by BEFRIENDING IT

WHEN, WHERE: **MAY 12, 2007** Saturday, 9:00 AM--about 5 PM EDT:  
**OTTAWA, ON** Centrepointhouse, 380 Centrepointhouse Dr, Nepean, ON K2G 6A1

WHO: MEN only [**All men invited**]

COST: \$75 Cdn

BRING your own lunch, drinks, snacks; or lunch at an eatery reasonably close.

PRESENTERS: John Everingham, Andrew MacDonald, and Steve Jaffe

CONTACT: Centrepointhouse; [613-224-8688] to register, or for directions; or you may register on the CH website [www.centrepointhouse.ca](http://www.centrepointhouse.ca) Please register by May 10, and sooner if possible, for our planning will benefit from having some idea of how many men are coming. For matters of content, style or safety, contact JE [everjohn87@aol.com](mailto:everjohn87@aol.com) 847.657.0677h 224.723.7173m or AMacD [acmacd@magma.ca](mailto:acmacd@magma.ca) 613.832.0659h **COME ON TIME; NO ADMISSION AFTER ABOUT 9:45 AM.**

As a child, I [JE] sensed something was seriously wrong with me. I didn't know what it was. It wasn't anything I'd done or not done; it was some defect in my basic nature. And I HAD to HIDE this whatever-it-was. 50 years later I learned it is toxic internalized shame, and that we now have 'tools' to break its hold on our lives. Good News! We'll practice using some of these tools, and we'll have fun playing with how to spot and defang ten bad Shaming 'Rules.' We'll tell some ways we cover up shame, either with humor or by switching emotions. And we'll spend some time receiving, giving and asking for blessing--both to practice it and to celebrate. **An intensely personal workshop, with maximal safeguards.**

PROBABLE & POSSIBLE topics/processes:

1. "My shame is welcome here"
2. Emotional Safety: OK to pass--with honor, a man controls his own disclosure--'zipper,' confidentiality
3. Check in 1
4. Context: Primary & internalized [toxic] shame; The befriending process, and how humor helps.  
-----Container is now CLOSED. No entry after Check-in 2 begins-----
5. Check-in 2: Important tool: Name It--Major shame issue and shadow naming.
6. Feedback, questions & answers [may be interspersed].
7. Lunch break
8. Tune up container--Ritual of Shadow Naming
9. Empathy heals shame; lack of empathy generates shame
10. Another tool: Recognize the non-empathic setup--Shaming 'rules' to be aware of  
Have fun with Shame 'rules'--mime, ham acting, jokes, 'Shame Jeopardy,' and ???
11. Possibilities--We may offer 2 of these at the same time; men will chose which to attend
  - A. Feel shame in the body--an exercise in owning shame and rendering it less toxic
  - B. The Shame Doctor--dealing with shame in Guts/Psychodrama
  - C. Deepening--revisit # 5
  - D. Visualization--becoming a conscious channel for the Divine
12. Money and shame:
13. Blessing heals shame: Practice & celebration--giving & receiving blessing; asking for blessing.