

Normalising Shame

Alison Ayres

About Alison

**Alison Ayres CTA, TSTA, UKCP Reg Psychotherapist,
COSCA Accredited Trainer**

Alison has been involved with TA for more than 25 years, after a career as a music teacher in both the primary and secondary sectors. She recently stepped back from her role as a trainer with Physis Training in Edinburgh, but she continues to run a small clinical practice and on-going supervision groups, in addition to a PTSTA development group, a TEW preparation group and clinical Seminars.

For several years she has been exploring and developing her interest in shame and affect theory, and, more recently, thinking about pride, resilience and courage – how we can develop our own capacity to be fully present and active in living our lives in the best way we can.



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THE INNATE AFFECTS

(Tomkins, 1962, 1991)

POSITIVE

1) **INTEREST – EXCITEMENT:**

Eyebrows down, track, look, listen

2) **ENJOYMENT - JOY :**

Smile, lips widened and out

NEUTRAL

3) **SURPRISE - STARTLE :**

Eyebrows up, eyes blink

NEGATIVE

4) **FEAR - TERROR :**

Frozen face, face pale, cold, sweaty, hair erect

5) **DISTRESS - ANGUISH :**

Cry, rhythmic sobbing, arched eyebrows, mouth down

6) **ANGER - RAGE :**

Frown, clenched jaw, red face

ATTENUATE / MODIFY

7) **DISSMELL :**

Upper lip raised, head pulled back

8) **DISGUST :**

Lower lip lowered and protruded, head forward and down

ATTENUATE / MODIFY

9) **SHAME - HUMILIATION :**

Eyes down and averted, blush

(Nathanson 1992, p.136; TAJ April 94, p.124)

Cognitive Phase of the Shame Experience

Search the memory for previous similar experiences.

Layered associations to:

- A Matters of personal size, strength, ability, skill
(I am weak, stupid..)
- B Dependence / Independence
(Sense of helplessness)
- C Competition
(I am a loser)
- D Sense of self
(I am unique only to the extent that I am defective)
- E Personal attractiveness
(I am ugly ...)
- F Sexuality
(There is something wrong with me sexually)
- G Issues about seeing and being seen
(Urge to escape from the eyes before which we have been exposed. The wish for a hole to open up and swallow me)
- H Wishes and fears about closeness
*(The sense of being shorn from all humanity.
A feeling that one is unlovable.
The wish to be alone for ever)*
- I* Failure to meet expectations of Ideal Self
*(The sense of being less than I should be.
There's something wrong with me. I am a failure.)*

References

Ayres A. (2004) *We Shape Ourselves*. Reading ITA Conference Papers

Clark, B., (1992) ITAA Conference San Francisco: audio tape

Nathanson , D., (1992) *Shame and Pride*. Norton London & NY; (1994) 'Shame Transactions' TAJ

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“By the time we are adults *shame* affect is triggered by a wide range of individual and interpersonal stimuli.” (Nathanson TAJ 1994 p 126)

The Sequence of Shame

Triggering source

Physiological Phase

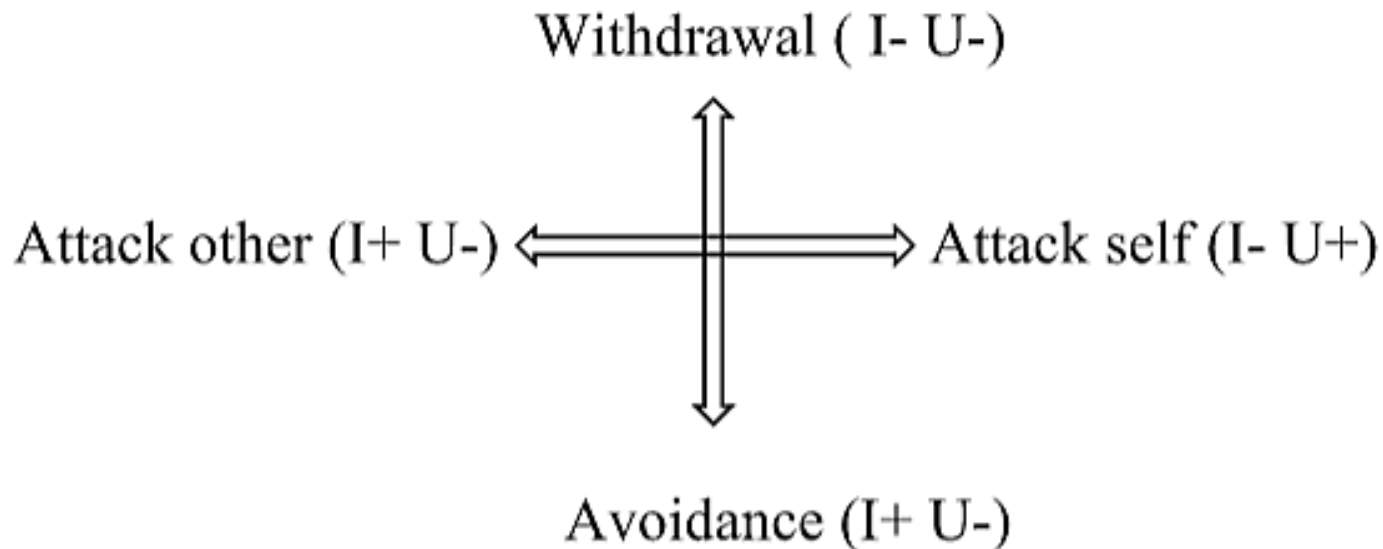
Cognitive Phase

Decision Phase

Reaction Phase - the Compass of Shame

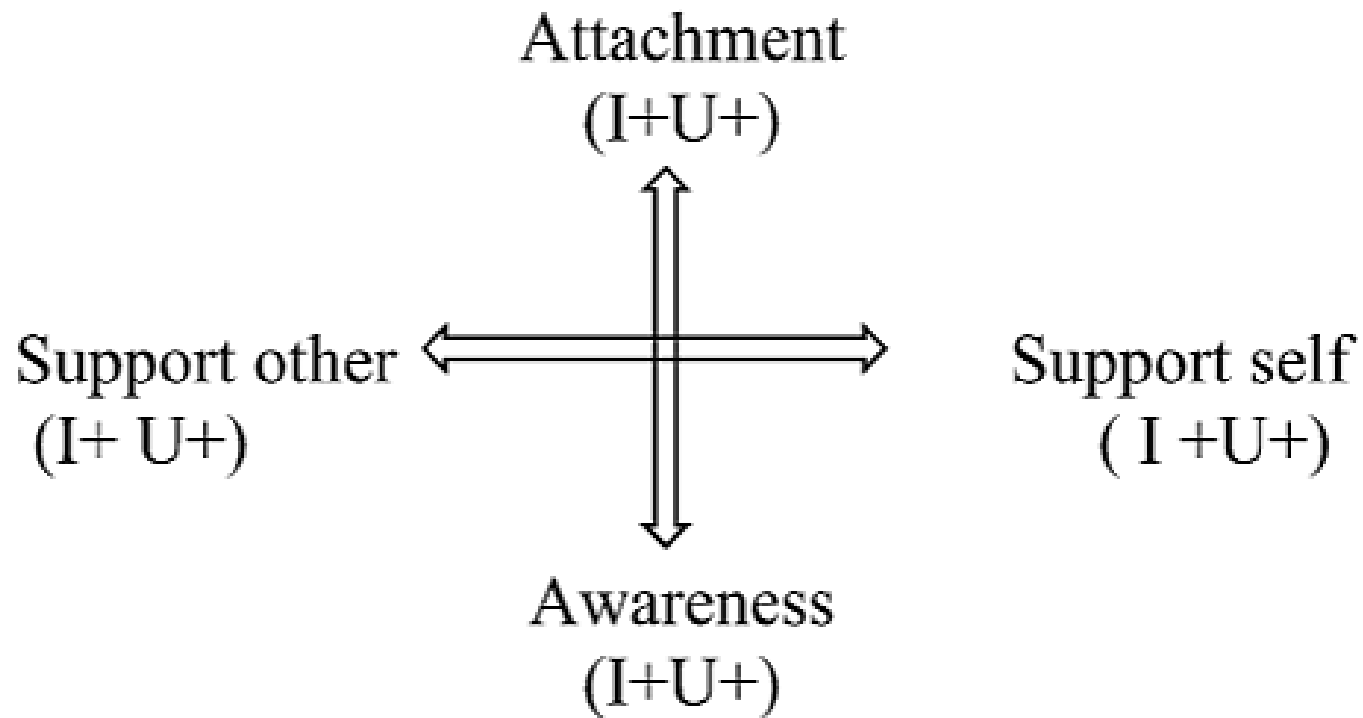
(Nathanson 1992, 1994)

The Compass of Shame



(Nathanson 1992, 1994, adapted
by Ayres 2007)

The Compass of Resilience



(Ayres 2014)

References:

Nathanson, D. (1992) *Shame and Pride: affect, sex, and the birth of the self* US: Norton

Nathanson, D., (1994) 'Shame Transactions' *TAJ* 24:2

Ayres, A., (2014) 'Shame and Resilience' UKATA Conference Paper

Ayres, A., (2014) 'Resilience and Shame' Parts 1 & 2 *Strokes: STAA-ezine*

Tomkins, S. (1962, 1963, 1991) *Affect, Imagery, Consciousness* NY: Springer

Group Therapy Training Marathons Edinburgh 2015

EH1 Therapies, 28 Forth Street, Edinburgh
November 28th and 29th
Venue TBCC

Alison Ayres TSTA and Susan Hampton PTSTA

Fee: £185

**Timings: Saturday 10.00 – 18.00
Sunday 10.00 – 17.00**

These experiential training marathons are open to trainees and qualified TA practitioners who wish to learn more about group therapy, and at the same time to enhance and expand their experience of their own personal therapy. There will be teaching and discussion of various aspects of the therapeutic process as they arise in the group flowing from individual pieces of work and/or from discussion of the group process. We will share our thinking about the “how”s and “why”s of interventions, choices and directions. It is a requirement that all participants are in regular therapy and that they discuss their participation in this event with their therapist prior to in an intensive therapeutic environment. being offered a place.

Bookings: To reserve a place either of these training marathons please contact:

Alison: [0131 667 8435](tel:01316678435) alison2602@virginmedia.com

Sue: [07957 454 804](tel:07957454804) susanjhampton@gmail.com

£50 non returnable deposit due July 1st 2015, balance Nov 18th 2015

Cheques payable to Alison Ayres

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