The Soul of Shame: Retelling the Stories We Believe About Ourselves

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Author, The Soul of Shame (2015)
Anatomy of the Soul (2010)
Learning Objectives

• Identify shame from an interpersonal neurobiological perspective
• Identify important clinical and developmental elements of storytelling
• Identify and implement concrete practices that enable patients to resolve conflicts directly related to the effect of shame, enhance resilience, and protect against disintegrating features of shame
The Soul of Shame

- Hunting Our Quarry
- Who is Telling What Story?
In the Crosshairs: Integration and the Target of Shame

– Loving God with all our Mind(s)? – Romans 12:1-2
  • A working description of the mind
– Differentiation and Linkage: the space in between
– Psalm 86:11
Domains of Integration
• **Consciousness** – Romans 8:5

• **Vertical** – 1 Cor. 6:19

• **Horizontal** – the Psalms
• Memory – Deut. 8

• Narrative – the Gospels

• State – John 6
• *Interpersonal* – John 5

• *Temporal* – Rev. 21

• *Transpirational* – Rom. 5:3
Created for...
Joy
• Tolstoy and the Westminster Confession
• Genesis 1
• Allan Schore: Developmental Mission
• Jim Wilder: Happy to see you!
The Emergence of Storytelling (Part 1)
• Features of stories
• The nature of creativity
• The creativity of relationships
Features of Stories

• *Told before we are born*
• *Always told collaboratively*
• *Language only a small part of the story*
• *Told to be heard*
• *The listener is as much a part of the telling*
• Features of stories

• The nature of creativity

• The creativity of relationships
Naked and Unashamed

– *Genesis 1-2:25*
– *Why shame?*
– *Attractive Differences*
– *Complex systems*
Rupture and Repair (a)

—Life is not about not being messy...

—Forms of Rupture:
  • Benign
  • Limit-setting
  • Toxic
The Role of Shame
Shame’s features...

- **Shearing Effect** (Schore)
  - The Accelerator/Sympathetic Drive
  - The Brake/Parasympathetic Drive
  - ...and the Clutch
  - **Dysregulation of secure attachment at the level of the prefrontal cortex**
Features (cont.)

• *Early out of the gate*
• *Disintegration*
• *Isolation*
Features (cont.)

• Movement toward stasis
• Self-perpetuating
• Death of a Thousand Cuts
Features (cont.)

• Condemnation
• Harbinger of Abandonment
Return to Anthropology:

Genesis 3
Artifact or Vector?:

• *The Shame Attendant*
Storytelling (Part 2) – John 9

- *The Death of Culture*
Rupture and Repair (b)

— Recognition
  • Practicing awareness
    — Embodiment/Movement
  • Pace
  • Patience
Rupture and Repair (b) (cont.)

– Centering/Breath/Spirit
– Initiation
  • Timing, intensity
  • Containment
– Remember/Repeat
Building Communities of Healing – Storytelling (Part 3)

– Hebrews 12:1-2
– 1 Corinthians 12-13
– Romans 5:1-5
– Healing and Vocational Creativity
Hebrews 12:1-2

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.
Building Communities of Healing – Storytelling (Part 3)

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Explicit Community Applications

– *Family*
  • Marriage: EFT
  • Parenting: IFS

– *Church*
  • What else were you thinking?

– *Education*
  • Carol Dweck
  • Ellen Langer
Vocational Creativity