

Webinar
Via
Zoom!

COAAA Professional Education

March 8, 2022

9:00AM - 12:15PM



Shame: The Master Emotion

This training provides an understanding of shame as an individual experience and an intrapersonal dynamic in relationships. Unaddressed shame has destructive consequences for individuals, for families and for communities. Shame can cause and exacerbate depression, anxiety, addictions, aggression and codependent behavior. The workshop will also describe how shame impacts people at various life stages, highlighting shame for elderly or disabled adults. Those who attend will be able to define shame, explore its impact, and discuss ways to challenge shame-based thoughts and beliefs.

Speaker

Connie Palmer is a licensed clinical social worker, who is an experienced teacher, therapist and school counselor with more than thirty years of experience. Connie has been actively studying and integrating shame theory into her work with clients and the workshops she presents in schools, workplaces and community organizations. She is currently a Grief Educator for Imagine, a Center for Coping with Loss in Mountainside, NJ and the owner of Therapeutic Learning Connections, LLC which provides social, emotional learning for schools, workplaces and community organizations.

Objectives

At the conclusion of this workshop, participants will be able to:

- Define and explore shame, vulnerability, power, pride and guilt
- Identify the difference between guilt vs shame
- Identify causes of shame, impact of shame, and ability to identify shame in relationships
- Describe shame and its relationship to culture, gender, aging, disability, death, grief, violence, mental health suicide, trauma, addiction, and grief.
- Recognize how unaddressed shame impacts individuals, families, and communities
- Identify effective strategies to respond to shame in clients and learn ways clients may trigger your shame

Hours

3.0 Social Work Clock Hours (#RSX059002) 3.0 BELTSS (39317-SS-22)
3.0 Counselor Clock Hours (#RCX109207)



The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.

Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network

**COAAA Professional
Education
March 8, 2022
9:00AM - 12:15PM**

Zoom webinar link will be emailed the day before the training to the email address with which you registered.

Fee \$60.00 The workshop fee includes handouts.

LATE REGISTRATION: \$70.00 (after 3/1/22)

A **REFUND** will be made **ONLY for cancellations received 5 business days prior to the event**. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued. Any checks returned will be subject to a \$15 returned check fee by the City of Columbus.

We cannot accept credit cards at this time. Please mail payment with registration or drop off during business hours.

Please Note: Zoom link for webinar will be sent the day before the workshop to the email used to register, along with handouts and evaluation forms. Continuing Education Certificates are issued once evaluation forms are completed and returned to ldobb@coaaa.org.

Registration Form

Deadline March 1

Shame: The Master Emotion

Name: _____

Agency: _____

Address: _____

Special Accommodations needed due to disability: _____

Phone: (____) _____

Email: _____

Licensure: Social Worker Nurse NHA (License # _____) Other _____

Registration Fee: \$60.00

Late Registration Fee: \$70.00 (3/1/22)

Purchase Order Attached: # _____ \$ _____ Federal ID# _____

Make checks payable to **City of Columbus**, & mail with registration form to:
COAAA Training & Education, 3776 S. High St., Columbus, OH 43207

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-3885. COAAA will not accept registrations over the phone or fax without a purchase order number.