

Breaking the Cycle of Shame

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Objectives

- Why do we feel shame and where do these feelings originate from?
- How do we express/manage this if we have not learnt to regulate our shameful emotions?
- The role of parents and professionals in breaking this cycle and how we can achieve it using a restorative approach.

Three Core Concepts in Early Development

1 Experiences Build Brain Architecture


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Three Core Concepts in Early Development

3 Toxic Stress Derails Healthy Development

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What is shame?

- Definition
- ‘A painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behaviour.’

How do we express shame if we haven't learnt to manage it ?

- **Small exercise**
- Discuss with person next to you how people might cope with shame or express it.
- Feedback thoughts

Restorative practice cycle of shame

The Compass of Shame



RP Shame clip

- <https://www.youtube.com/watch?v=DqGFrId-IQg&t=6s>

So what can you do...using the restorative practice approach

- What happened?
- What were you thinking/ feeling at the time?
- Who has been affected?
- How have they been affected?
- What needs to happen to make it better?

Questions

And thank- you for Listening