



## Understanding and Working with Shame

Working with Shame in a relational, experiential and compassionate way

**With Noel Haarbarger & Meg Kirby**

Shame is described as an intensely painful feeling and experience of *believing that we are flawed or bad* and therefore unworthy (of love, belonging). It often involves a felt sense of self-disintegration and an internal collapse in the face of dysregulated others and unsupportive contexts.

Shame often drives or perpetuates many other common mental health presentations like depression, anxiety, addictions and post trauma responses.

Hence it can be very helpful to know how to identify and effectively work with shame.

This 1-day Online training will provide a unique opportunity for therapists and practitioners to gain a deeper understanding of shame dynamics and shame-sensitive practice, and how to identify and explore core wounds of shame.

It will be facilitated by Noel Haarbarger, certified Somatic Experiencing practitioner, Trauma specialist, Psychologist and Gestalt Psychotherapist, and Meg Kirby, Psychotherapist, Social Worker and Founder of The Equine & Animal Assisted Psychotherapy Institute and thought leader in relational psychotherapy in the equine, animal and nature assisted services space.

Participants will explore the specific goals and practice steps involved in helping clients learn to identify and heal shame, as well as begin to process the memories that drive it. Participants will review the principles of shame-sensitive practice and learn how diverse practitioners can alleviate the core symptoms of shame. The training integrates ideas and practices from Somatic Experiencing, Parts Work, Poly-vagal Theory, Neuroscience, Memory Reconsolidation Theory, Gestalt Therapy and EAAP's unique equine and animal assisted psychotherapy and experiential learning methodology.

**Where:** Online Zoom  
**When:** Friday 15<sup>th</sup> May 2026  
**Time:** 9:30am – 4:30pm  
**Payment:** AUD\$299 plus GST (+ \$0.50 ticket fee)  
**Register:** [Understanding and Working with Shame](#)

### How is the training delivered?

This is an online zoom training that will have breaks including morning, afternoon and lunch breaks, lectures, discussion and experiential exercises.

### What are the learning objectives?

- Gain a deeper understanding of how to identify shame showing up in the client's process.
- Understand the origin of shame and how can develop.
- Learn about the relationship between the inner critic, shame and shame management strategies.
- Discern the difference between healthy shame and toxic shame.
- Learn skills in supporting Clients to be able to turn towards and process shame.
- Supporting corrective experiences to shame bound child parts that are frozen in time as a result of developmental trauma and neglect.
- Understand how to help clients work with the inner critic and implicit shame-based beliefs and introjects.
- Understand how to support clients to use a balance of bottom up and top-down strategies for processing shame.
- Practice how to work relationally in ways that optimise the felt sense of safety, self-compassion, and support and connection – all antidotes to shame.

## ENQUIRIES

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