

Shame in the Therapy Hour


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Shame is prevalent among individuals undergoing psychotherapy. Yet, there is limited guidance for clinicians trying to help their clients deal with shame-related concerns. This book explores the manifestations of shame and presents several approaches for treatment. Master clinicians from a wide variety of different theoretical and practice orientations offer candid insights into all aspects of shame, including how it develops, how it relates to psychological difficulties, how to recognize it, and how to help clients resolve it. Strategies for dealing with therapist shame are also provided, since the therapist's own shame can be triggered during sessions and may complicate the therapeutic process. Detailed case studies are included.

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Shame in the Therapy Hour From Amer Psychological Assn Bibliography

- Sales Rank: #543925 in Books
- Published on: 2011-06-15
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 7.25" w x 1.50" l, 2.10 pounds
- Binding: Hardcover
- 428 pages

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Editorial Review

About the Author

June Price Tangney, PhD, is Professor of Psychology at George Mason University. She received her doctorate in clinical psychology from the University of California-Los Angeles, under the direction of Dr. Seymour Feshbach, after working with Dr. Joseph Masling as an undergraduate at the State University of New York at Buffalo. Dr. Tangney serves on the editorial boards of several professional journals. Her research has been funded by the National Institute of Child Health and Human Development and the John Templeton Foundation.

Ronda L. Dearing, PhD, is a Postdoctoral Associate at the Research Institute on Addictions in Buffalo, New York. She became involved in the study of shame and guilt during her graduate training in clinical psychology at George Mason University, while working as a research assistant with June Tangney. Prior to her training in psychology, Dr. Dearing worked as a medical technologist. Her doctoral dissertation focused on predictors of psychotherapy help-seeking in therapists-in-training. More recent interests include help-seeking in substance abuse, substance abuse treatment approaches, and the influence of shame-proneness on substance use.

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