

Shame-Resilience In Action

This workshop will introduce Brené Brown's shame-resilience curriculum, The Daring Way™ and discuss how to utilize these tools with clients. Trust, vulnerability, empathy, self-compassion, and shame are elements that can enhance or diminish our clients' healing. Through this workshop, we will examine each of these topics and better learn how to work with each element to support our clients and ourselves.

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was developed to help men, women, and adolescents learn how to show up, be seen and live braver lives. The primary focus is on developing shame resilience skills and developing a courage practice that transforms the way we live, love, parent, and lead.



Sarah Buino

Sarah Buino, LCSW, CADC, CDWF is the founder of Head/Heart Therapy, Inc. She is a licensed clinical social worker, certified addictions counselor and a Certified Daring Way™ facilitator. She holds a masters degree from Loyola University in Chicago and specializes in shame, substance abuse and mood/anxiety disorders.

Participants will be able to articulate the differences between shame, guilt, humiliation and embarrassment.

Participants will be able to describe the myths and physics of vulnerability and explore the connection with shame-resilience.

Participants will be able to implement shame-resilience and self-compassion tools through creative exercises.

Participants will be able to discuss the origins of shame and the components of shame-resilience.

Location: 1111. W. Lake Cook Road
Buffalo Grove, IL 60089

Date/Time: April 21st, 12-3pm

Cost: \$25

RSVP: Mary Beth Kerf

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3 CEUs will be provided