

Transcript of interview with Stephen Finn by Mette Kyung Reacroft, Japan 2025

### Shame – Part 3 – About the workshop

**Q: You've done the Shame Workshop all over the world, but never in Denmark. Could you tell us a little bit more about how the workshop will be run?**

A: Probably the first thing I should say is it's both a workshop where there will be content presented but also an experiential workshop. But I've been very careful in designing this workshop so that nobody feels exposed.

So we'll start the workshop by having people do some self-assessment instruments to find out about their own shame. And again, the scores will be just completely private. Nobody will ever have to reveal these.

Then, what I want to do is summarize the extensive research of writing on shame over the last 30 years. Why shame exists, what function it serves in society, how it's linked to different types of problems, and I want to tell people all about that.

Just a little example, we've shown that it's now known that shame is very related to PTSD. If you have shame and you have a trauma, then you're more likely to have PTSD afterwards than if you don't come to the trauma with a lot of shame. So, I want to tell people all about that.

Then, I'm going to teach four empirically supported interventions about shame that people can learn from. And then there'll be a couple of exercises to explore shame healing and shame defenses.

At the end I'll present a case that was very important in my career where I learned a lot about shame and was really able to help an entire family with shame. And so I'll be showing videos, we'll be doing roleplays, we'll be doing experiential exercises. People shouldn't just plan to think they'll sit in a chair and take notes if you come.

But my goal is to make it very safe for people to be given something that they can't handle.

