



INTIMACY AND SHAME

THE FOUNDATION OF OUR LIVES

Do you sometimes think others are more beautiful?

Do you feel that others seem to be better in their work or more reliable in their relationships?

Do you have the tendency to compare yourself with others?

Are you aware of your internal judgement towards yourself or others?

Probably it has something to do with toxic shame and the lack of intimacy.....

If you answered one of these questions with “yes”, this workshop could be something for you.

There is a deep and formative first experience that we all may go through at the beginning of our lives. We call this the gateway of shame. In its healthy form, it is the foundation of our development as social beings.

With the sensation of healthy shame, we become able to set boundaries to protect our intimacy. Our intimate space is a space of deep relationship with ourselves - free from toxic shame. In the longing for connection and felt proximity, we begin the journey to the innermost "me". From this protective space of deepest interiority with ourselves we expand into the "you" and the "we". In the safe contact with oneself, the resulting dance between closeness and distance is a natural movement that does not unduly stress the autonomic nervous system.

Toxic shame is a different matter. Through different imprints in our first years of life, something can develop which looks like an over-aroused Nervous System. Tension, hyper alertness, collapse, withdrawal and an inability to express yourself are typical signs. When our caregivers left us alone in a blame response or in overwhelming emotional states, toxic shame can grow like an alien in our personalities.

Toxic shame can lead to hide the "good" and healthy shame response. Therein lies a deep psychophysical dynamic that strongly influences the autonomic nervous system. The free and innocent unfolding of the dance between "me" and "you" is interrupted. When the Autonomic Nervous System (ANS) is triggered, it can lead to overwhelm and shut down to make real connection impossible.

These seminar days are about the liberation of toxic shame and deeper insights into the importance of intimacy and healthy shame.

It takes gentleness, sensitivity and interactional relationship regulation to release toxic shame. You will learn about the speechlessness of shame and the gift in the "game of hiding", as well as the paradox in the structure of our attachment styles.

The structural dance through the seminar:

- Meditation
- Theory
- Trained feedback loops
- Experiential experiences in small groups
- Group awareness with guided processes

Are you eager to learn how you or your clients can overcome toxic shame and be more aware of healthy shame?

This is what we will deepen:

- We learn to recognize the difference between intimacy, healthy shame and toxic shame
- We learn how to use different interventions (f.e. what can you do for yourself or others to unburden toxic shame...)
- Regulation skills how to deal with toxic shame

- When you are a therapist or a coach, you will learn tools how to navigate through the impact of toxic shame in relationships.

Practicalities:

Dates:

Online workshop: 27 – 28th of May 2021.

Time schedule: 10:00 – 13:00 h and from 14:30 – 17:30 h, last day we finish at 17:00 h.

We will use the platform www.zoom.us for this seminar.

Price:

380 € VAT excluded (459,80 € VAT included)

[More information or subscription](#)



Andrea Wandel

Facilitator

Health Practitioner, Musician, Writer, Lecturer, Seminar Leader, Translator and Space-Connecting expert of the speechless space in children - whether adult or not.

Her path:

As an identical triplet, Andrea Wandel was born in Chile in 1963. In 1970, the family emigrated to Germany out of political reasons. Her sensitivity was more of a burden until she learned to translate and express the deeper wisdom at work. Her trauma was the best teacher in finding new ways of connecting different levels of awareness into a practical language.

She loved to study as a teenager everyday human life, devouring books on brain research and the afterlife. In her music studies she discovered a language with which she could connect different levels of perception. Her pupils taught her the differences in understanding the same things from different angles.

Her first daughter's chronic middle ear infection moved her to become a Health Practitioner. The physical body could give precise information through certain techniques (e.g. Neural Kinesiology, Dr. Klinghardt). Soon she was asked to deal with serious illnesses in her practice which orthodox medicine considered incurable or/and therapy-resistant. For this she expanded her training with constellation work, cranio- sacral work, spiritual guidance and body-oriented trauma work.

Her deepest intention is to listen and to invite a knowing field which informs all of us by not knowing what it is all about.



Kasra Van Rompaey

Assistant Facilitator

Trauma Therapist, relational body-mind therapist, spiritual guidance, job coach, accountant

Her path:

When she was born, her birth mother gave Kasra away for adoption. Before she made her final decision, Kasra was laying 5 months alone in a hospital. When she finally arrived with her adoption parents, they lost their first adoption son due to a brain tumor in the same week.

In her first life year, Kasra couldn't get the emotional care a baby need. Because of these events, a lot of complex trauma (developmental trauma) was stored in her body. Even she had the best adoption parents in the world and she had a normal youth, these early events stayed in her body.

When she was an adult, she searched for help with lots of therapists and coaches. As from the moment, she started to work with a body based trauma therapist, her life changed. She's calling it as: 'Finally I could feel ground under my feet instead of sand'.

There she knew she wanted to study trauma and support also other people.

Besides a lot of trainings with international teachers, she learned out of books and her own experiences.

Today Kasra accompanies people in individual therapy and she facilitates trainings and workshops as a facilitator or as an assistant.

Her deepest intention is to invite people to find the way back to their essence by listening and looking to what shows up.