

What is Shame & Humiliation?

Shame can be viewed as painful feelings arising from the consciousness of something dishonorable, improper, ridiculous, etc., done by oneself or another. Humiliation involves an event that demonstrates unequal power in a relationship where you are in the inferior position and unjustly treated.

Often the painful experience is vividly remembered for a long time. There are three distinct parties involved:

- 1. the perpetrator excising power;*
- 2. the victim who is shown to be powerless and therefore humiliated; and*
- 3. the witnesses or observers to the event.*



Dr. Kane was instrumental in furthering my process of self-discovery and forgiveness of self. He facilitated the process by creating a therapeutic environment that allowed me to get to my core issues." I would highly recommend Dr. Kane to anyone willing to work toward understanding who they are and where they would like to emotionally emerge.

~ Paul Johns 42, computer engineer



LOVING THE SELF

Self-Relational Psychotherapy

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Post-Development Handbook: A Guide to Understanding and Coping with Readjustment Issues
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Your shame hides in many places - in anger, blame, denial, work holism, perfectionism, drinking and anything else you compulsively engage in to make yourself feel better. But if you could just learn to be vulnerable for one second, and open up to the pain, you would find there's no place for your shame to hide.

~ Adam Appleson

The Unspoken Pain of
Shame & Humiliation



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Definitions of Shame:

- ~ *Feeling badly about yourself*
- ~ *Disapproving of your own actions and accomplishments*
- ~ *Feeling inferior or loss of honor*
- ~ *Blaming yourself for a mistake*
- ~ *Absence or deficiency of self love*

Definitions of Humiliation:

- ~ *Feeling disrespected or powerless*
- ~ *A loss of status or image*
- ~ *An event perceived to cause of honor and induce shame*
- ~ *Being unjustly forced into a degrading position*
- ~ *Ridicule, scorn, contempt or other treatment at the hands of others*

How do we respond to Shame & Humiliation?

We typically respond by giving up on control and giving into blaming, anger, fear and sorrow.

We add to the misery by surrendering our human power and forgoing our five basic freedoms including:

- ~ *The Power to Perceive*
- ~ *The Power to Think & Interpret*
- ~ *The Power to Feel*
- ~ *The Power to Desire, to Want, to Choose*
- ~ *The Power to Imagine*

Are there positive ways to respond to feelings of shame & humiliation?

Yes.

We can choose a path that reinforces the value of the self and in doing so, we reinforce both our human power and our five basic freedoms. In choosing this path our focus is on the “Journey of Self Discovery.”

Stages of the Journey of Self Discovery

MAPPING

M =	Meaning
A =	Advocacy
P =	Protection
P =	Preservation
ING =	The active state of ‘in the doing’

As we walk the Journey of Self Discovery we want to focus on the *journey* and not the *destination*. In doing so our goal is “letting go” of feelings of **shame & humiliation**. We must want to acknowledge that we “value the psychological self.” VALUE emphasizes the following:

V =	Validation (approval of the self)
A =	Atonement (the gift of apology/forgiveness)
L =	Love (warmth, positive self regard)
U =	Understanding (enlightenment, comprehension)
E =	Empowerment (equip, enable, supply power to self)

Micheal Kane Psy.D, MSW LICSW CTS

Dr. Kane earned his doctorate in clinical psychology from Argosy University/Seattle Washington School of Professional Psychology in 2005. In addition, he received Masters degrees in social work from the University of Washington in 1983, clinical psychology from Argosy University/Seattle in 2002 and postgraduate studies in Traumatology from the Justice Institute of British Columbia, (Vancouver, BC) Canada. Dr. Kane is a certified trauma specialist through the Association of Traumatic Stress Specialists (ATSS) and holds two clinical Dipolmates, the Dipolmate in Clinical Social Work from the National Association of Social Workers (NASW) and Board Certified Dipolmate from the American Board of Examiners in Clinical Social Work (ABE).

Dr. Kane has served on the clinical faculties of the University of Washington, School of Medicine's Department of Psychiatry & Behavioral Sciences and the University of Washington's School of Social Work. In addition, Dr. Kane has served as the Associate Director of Training & Development, Trauma Resources Coordinator and Mental Health Therapist of Hall Health Primary Care Center of the University of Washington and as an instructor and member of the advisory board of the UW School of Social Work's Certificate Program "Psychological Trauma Effective Treatment and Practice". Dr. Kane has served as a consultant on complex trauma and posttraumatic stress disorder to the Congressional Black Caucus Veterans Braintrust (US House of Representatives).

Dr. Kane has maintained a private practice since 1985 working with individuals, couples and families. His theoretical framework is self-relational psychotherapy (i.e. psychological self) which is integrative and reflecting themes based on psychodynamic, reality, and cognitive-behavioral approaches. Dr. Kane's specialties include domestic violence, anger management, depression, anxiety, trauma, grief and loss, and ethnic minority mental health issues. He has experience in gay/bisexual concerns as well as biracial relationship issues. Dr. Kane's research interests are focused on the integration of trauma and domestic violence and its implications within the psychological self.

Publications:

~ Our Blood Flows Red: Trauma & African-American Men in Military Service, Clinical Implications For Working with African-American Veterans with Complex Trauma. Saarbrucken, Germany: LAP Lambert Academic Publishing. Kane, M. (2010).

~ A Review Study of the Clinical Implications for Working with African-American Veterans. (Doctoral dissertation, Argosy University-Seattle, 2005). Dissertation Abstracts International, 25, 144, Kane, M. (2005)



For additional information regarding Dr. Kane's background, please visit www.lovingtheself.com

*Heart,
Instinct,
Principles*

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