



The Greater Philadelphia Society of Clinical Hypnosis

*A Component Section of the American Society of Clinical Hypnosis
and*

Ellen L. Wright., Ph.D.

Present

**Dissociation and the Shame-Spectrum of Emotion:
Self-Hypnosis as an Antidote
Presented by: Richard A. Chefetz M.D.**

DATE: September 22, 2024

**Time: 10 am – 1 pm EDT (see schedule below) 9:30 am login
3 CE Credits for Psychologists and ASCH Certification/Re-
certification
Zoom Webinar**

Workshop Description:

Using “*Working with Trauma and the Shame Spectrum of Emotion in Psychotherapy Aided by Hypnosis: Expanding upon the character of Pecola in Toni Morrison’s The Bluest Eye, a case of racial and sexual trauma,*” participants will first hear an analysis of the case of Pecola Breedlove, the central character in Toni Morrison’s novel, The Bluest Eye, and then use the case material to support an exploration of shame and humiliation as core trauma affects. An emphasis on hypnotic technique and approaches useful in mitigating shame experience will be interwoven in the exploration of shame and humiliation experience.

Outline of Program:

9:30 AM-10:00 AM	Registration, Sign-in, Zoom Housekeeping, Introductions
10:00 AM-11:05 AM	The Case
11:05 AM-11:15 AM	Q and A, Break as needed (time/duration approximate - presenter’s choice based on structure/flow of presentation)
11:15 AM-12:45 PM	Shame and Humiliation; Hypnosis for self-regulation and shame mitigation
12:45 PM-1:00 PM	Q and A, Integration, Conclusion, Evaluation

Program Learning Objectives:

At the end of the program, participants will be able to:

1. Describe the difference between the words affect, feeling, and emotion as well as the clinical utility of distinguishing between them in the context of both everyday conversation and hypnotic induction and work.
2. Describe the process by which shame and rage become welded together and the utility of this constellation of affects in regard to exploration in conversation and with hypnosis.
3. Differentiate shame and humiliation and describe the utility of these differences in psychotherapeutic discourse.

Presenter:

Richard A. Chefetz, M.D. is faculty at the New Washington School of Psychiatry, the Institute of Contemporary Psychotherapy & Psychoanalysis, and the Washington-Baltimore Center for Psychoanalysis. He is also a Distinguished Visiting Lecturer at the William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology. He is a past president of the International Society for the Study of Trauma and Dissociation (2002-2), and Co-Founder and Chair of their Psychotherapy Training Program (2000-8). In 2015 he published *Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real*, with W.W. Norton, in their Interpersonal Neurobiology series. Dr. Chefetz's most recent interests focus on the social and interpersonal uses of dissociative experience that undergird the relationship between trauma and racism. He is a founding member, Board member, and Secretary of the New Washington School of Psychiatry. He maintains a private practice in psychiatry in Washington, D.C.

References:

Chefetz, R.A. (2017). Issues in consultation for treatments with distressed activated abuser/protector self-states in dissociative identity disorder. *Journal of Trauma & Dissociation* 18(3): 465-475. [Learning Objectives #1, 2, 3]

Chefetz, R.A. (2020). Shame and the developmental antecedents of enduring, self-critical mental states: A discussion and some speculations. *Psychiatry* 83(1): 25-32. [Learning Objectives #1, 2, 3]

Chefetz, R.A. (2021). Attackments: Subjugation, shame and the attachment to painful affects and objects. In O.B. Epstein (Ed.), *Shame Matters: Attachment and relational perspectives for psychotherapists* (pp. 60-76). London: Routledge. [Learning Objectives #1, 2, 3]

Fees and Registration:

Registration is available ONLINE ONLY - Register online at the GPSCH website www.gpsch.org/events.

- GPSCH Members: \$100
- Non-Members: \$150
- Students/Residents/Interns: \$50
- CE Certificate \$15, paid separately:

Participants desiring **Psychology CE** credits will pay \$15 (\$5/credit) to Kristin Kopple, Ph.D., by check. Checks can be mailed to Dr. Kristin Kopple, 2123 Bainbridge Street, Philadelphia, PA 19146. Once the *payment* is received by Dr. Kopple **and** the *webinar evaluation* is received by GPSCH, the CE certificate will be processed and emailed to the participant.

Online Registration Deadline: Deadline for registration is 9/20/2024

Refund Policy: Requests for registration fee refunds must be received in writing (email) no later than midnight on the Friday before the webinar.

AUDIENCE/SKILL LEVEL: This program is intended for mental health professionals with a basic understanding of hypnosis and its related techniques.

CONTINUING EDUCATION CREDITS

This GPSCH webinar is sponsored by Dr. Ellen L. Wright. Ellen L. Wright, Ph.D., is approved by the American Psychological Association to sponsor **CONTINUING EDUCATION FOR PSYCHOLOGISTS**. Dr. Wright maintains responsibility for this program and its content. Certificates of completion for continuing education credits will be awarded to participants who attend **the entire program, complete the evaluation form and submit a certificate request form along with a check for \$15 (\$5 per CE credit obtained), mailed to Kristin Kopple, Ph.D. (See address above.)** This program meets requirements for **3 Credits** for psychologists.

This webinar also qualifies for ASCH certification/recertification credits. For further information, contact admin@gpsch.org.

Additional Information:

PLATFORM: ZOOM Webinar: Zoom link and login codes provided after paid registration.