

## 2014 Was a "Shameful" Year

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The emotion of shame is often the driving force behind power struggles and relationship issues in the family. Yet of the core emotions shame has received the least amount of attention from both academics and therapists. That is a shame for when we become aware of how shame influences family dynamics, our "eyes open" and we can see the logic behind what seems like non rational behavior. We also become empathic to clients and other family members who would otherwise arouse judgment, evaluation and antipathy.

In the past years I have adapted NVR interventions to become "shame sensitive" and lead to effective regulation of shame. Specifically I turned the "sit-in", "public opinion" and "reconciliation" interventions to transform into highly effective shame management techniques. In addition I have also found new ways of involving the child and adolescent in the therapeutic process.

The shame oriented interventions have also been successfully introduced in schools. Once we look at different problematic issues in the school context (school refusal, teacher-parent conflict, teacher-student conflict) through the "lens of shame" new and interesting ideas for change arise.

In 2014 I was privileged to introduce the work of NVR and shame in different contexts. I especially want to note the isi led ["Staerke statt Macht" conference in Zurich](#), Switzerland which enabled me to present strategies for regulating shame in schools and the Oxleus Trust whom invited me to lead the [first shame and NVR conference in London, UK](#). During this year, I have also managed, finally, to finish writing my book on the regulation of shame in relationships which I hope will be published in 2015.

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