

# ROADMAP FOR MODULE FOUR



## Shame

What are the 2 areas of the brain Lanius mentions are involved in the visceral feeling of shame?

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According to Steele, what are the 4 strategies clients might use to cope with shame?

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According to Porges, why is learning about polyvagal theory particularly helpful to trauma survivors?

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How does Sweezy help create 'distance' between a client's self and their inner critic that holds the shame?

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The internalization of shame can give trauma survivors a sense of control. Think of your clients whose shame may function this way and add them to your "My Clients" list.

**My Clients:**

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According to Bryant-Davis, what kind of relationship patterns can be an indicator of shame?

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Ogden modeled several somatic indicators of shame. What are they?

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Have you noticed any of these indicators of shame in your clients? Add them to your "My Clients" list.





# Self-harm

I know what questions to ask to differentiate between parasuicidal and suicidal behavior

According to Lanius, what trauma symptom can be an overlooked self-harming behavior?

What's the effective "one-two punch" that self-harming gives the body according to Fisher?

According to Fisher, what is the strategy to use with self-harming clients to make self-harm less appealing?

Have you updated your client list with the strategy you'll try using?



**My Clients:**

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Rather than a safety plan, what is a more appropriate alternative to helping clients manage dysregulation according to Dana?



# Moral injury

What are the 2 risk factors that make an individual vulnerable to moral injury?

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Think of clients who may be at risk of moral injury based on these risk factors. Add them to your "My Clients" list.



What is the somatic approach that Ogden introduced to work with moral injury?

[Empty text box for answer]

According to Nash, instead of helping clients reconcile the past we need to help them:

[Empty text box for answer]

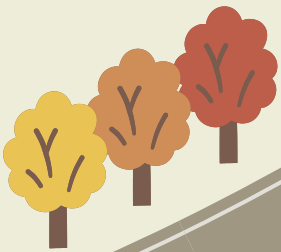


Have you updated your client list with the approach you'll try using?



My Clients:

[Three horizontal lines for listing clients]



### Positive Emotion

I understand how a client's nervous system can be protecting them by not tolerating positive emotion

How do you help a client titrate their experience of positive emotions to stay within their window of tolerance?

[Empty text box for answer]

List some questions to ask to assess whether a client has difficulty experiencing positive emotion:

[Three horizontal lines for listing questions]

Dana talked about the importance of 'savoring' brief moments of positive emotion. Write down one client you want to try this with on your "My Clients" list.

