

tracey k wyatt, lpc

800.340.8020 twyattlpc@gmail.com

Got Shame? Now what?

Workshop based on **Brene Brown's** research and curriculum

**How do our lives change when we stop living in shame, fear,
and disconnection, and start living with courage,
compassion, and connection?**

This is NOT a shame group about feeling ashamed of our actions. It is about how we have not been acknowledging shame as a root emotion that fuels depression, anxiety, trauma recovery, negative self talk, relationship issues, and the ability to be our best selves. It is how our society sends such strong, repetitive, reinforced messages that we must be/act/think a certain way or we should be ashamed. Brene Brown has prepared a curriculum based on years of research to help us build resilience against these shaming messages so that we may become more of our authentic selves.

COMING IN SPRING 2017!

Location:
Greenville, SC

Email now to be added to
wait list!

Tracey K. Wyatt, lpc
Email: twyattlpc@gmail.com

P 800.340.8020 F 800.607.0104
Website: traceywyattcounseling.com

