

June 8-9, 2026, in Copenhagen

Working with Shame in Psychotherapy and in Psychological Assessment

A Workshop for All Mental Health Professionals and Students

Sponsored by The Therapeutic Assessment Institute and Psykolog Mette Kyung

Presenters: Stephen E. Finn assisted by Mette Kyung Reacroft

“Shame is universal and lifelong and it persists because most of us don't talk about what we are ashamed of. When we talk about our shame, it can feel like walking on broken glass every time. Ideally, every time a client talks about something they are ashamed of, we want them to have a good experience. Because shame is a social emotion, it has to be healed interpersonally “

*Stephen Finn, May 2024, Tokyo, Japan,
Workshop on “Helping clients recover from unhealthy shame”*

Topic Overview

It is now recognized that shame is one of the most important and frequent client experiences in psychotherapy and psychological assessment, yet few mental health professionals and psychotherapists receive direct training in how to help their clients with shame. In this 2-day intensive workshop, Stephen Finn and Mette Kyung Reacroft will review contemporary research about shame, outline a theory based in interpersonal neurobiology, and discuss implications for applied clinical work. They will show videotapes--of themselves and other clinicians from the Therapeutic Assessment Institute--working with clients around shame, and will teach a number of specific, effective interventions that can help clients heal shame. At various points during the workshop, participants will work in small groups doing exercises of these shame interventions, but at no point will participants' personal issues be directly exposed. Finally, we will discuss shame in clinicians, and how it both limits our effectiveness and helps deepen our empathy for our clients.

Objectives

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

- Describe contemporary psycho-biological theories of shame and recent research about shame
- List and recognize signs of shame in themselves and in their clients
- Utilize four specific interventions that can help clients heal from shame
- List the most common coping mechanisms against shame
- Identify and be aware of their personal shame

Time: June 8 at 9:30-17:00, June 9 at 9:00-16:30

Location: Psykologhuset Mindmove, Vesterbrogade 20, 3.tv., Copenhagen 1620 V, Denmark

Registration: Send an email to assist@psykolog-kyung.dk with your name, title, workplace, invoice information (including EAN/CVR number). Participation is only secured when payment has been received.

Price (including coffee, tea, snacks and lunches): DKK 5.400/ EUR 750. 10% discount is available for:

- participants who combine this training with the TA workshop on June 11-12
- a group of at least 4 participants from the same workplace
- students or newly graduates of Psychology not yet in employment
- members of Therapeutic Assessment Institute (TAI)
- TAI members who combine this course with the Introduction to TA workshop are offered 20% discount in total. You can join here: <https://www.memberleap.com/members/newmem/registration.php?orgcode=TAI>

The Presenters



Stephen E. Finn, Ph.D., founder of the Center for Therapeutic Assessment, is a licensed clinical psychologist in practice in Austin, TX, a Clinical Associate Professor of Psychology at the University of Texas at Austin, Senior Researcher and Director of Training at the European Center for Therapeutic Assessment at Catholic University of Milan, Italy, and Director of Training at the Asian-Pacific Center for Therapeutic Assessment in Tokyo, Japan. He has published 100+ articles and chapters on psychological assessment, psychotherapy, and other topics in clinical psychology, and is the author of multiple books, including *Therapeutic Assessment and Interpersonal Neurobiology: Empathy, Intersubjectivity, and the Longing to Be Known*, to be published in August 2026 by Routledge. Dr. Finn has received many awards for his work, including the Bruno Klopfer Award from the Society of Personality Assessment in 2011 for distinguished lifetime contributions to the field of personality assessment and the Carl Rogers Award for Distinguished Contributions to the Theory and Practice of Humanistic Psychology from the Society for Humanistic Psychology (Division 32 of APA) in 2018.



Mette Kyung Reacroft, is a licensed clinical psychologist, specialist and supervisor in child neuropsychology and works in private practice in Copenhagen, Denmark. Mette is specialized in neurodivergent assessment and treatment, mostly focused on ASD, and is certified as an international trainer of the ADOS-2 and ADI-R. Mette does individual as well as family and couple's therapy, often with several family members being neurodivergent. Mette is one of the first persons in Denmark being certified in Therapeutic Assessment with children-families and adolescents and is now on her way being certified with adults and couples with Stephen Finn as her mentor. Most of Mette's clinical practice is now focused on TA as well as mentoring other professionals.

Continuing Education Credits

This workshop has been applied for CE credits at the Danish Psychological Association. *For Danes:* Vi afventer svar på ansøgning forhåndsgodkendelse i DP. Hvis du har brug for opdatering om dette skriv direkte til Mette: mk@psykolog-kyung.dk

Cancellation Policy

As the main presenter is travelling from the US, we will unfortunately not be able to refund cancellations, but it will be possible to transfer your spot to a colleague or a person on the waiting list and have a refund by agreement with the organizers. If the event is cancelled by the organizers for any reason, your fee will be fully refunded.