



Family Therapy Association of Ireland

Deconstructing Shame & Guilt and Opening Space for Apology, Forgiveness & Reconciliation

Two Day Workshop with Dr. Karl Tomm

Date: Friday 13th & Saturday 14th May 2011

Time: 10a.m. - 4.00p.m.
(Registration from 9.30am)

Venue: The Davenport Hotel, Dublin 2.

Family conflict that is ongoing tends to be characterized by interpersonal tangles of hurt, resentment, shame, and guilt. These tangles maintain distress and interfere with positive relationships by triggering strong defensive reactions that often escalate and generate more conflict. Accepting that all family members have not only been hurt, but may also have been hurtful, helps diminish the tendency to escalate and opens space to begin emerging from these tangles. In trying to enable individual and relationship healing and recovery, it is helpful for therapists to understand the different pathway entailed in deconstructing shame as opposed to deconstructing guilt. It is also useful for therapists to understand the kinds of awareness that are required in family members to develop authentic responsibility, extend adequate apologies, and commence restorative action. The nature of forgiveness and its therapeutic potential for both the person who has been wronged, and the person who engaged in hurtful behaviours, will be discussed along with some steps to consider in reconciliation.

Dr. Karl Tomm has been the director of the Family Therapy Program in Calgary for more than 35 years. He has developed an international reputation not only as a family therapist, major innovator, theoretician, and trainer of family therapists but also as a leader in facilitating dialogues among many of the world's family therapists. He started his career applying the problem solving approach to family therapy, developed by Nathan Epstein. In the 1980s, Karl championed the work of the Milan Group. More recently, Karl has promoted the work of Michael White and David Epston in narrative therapy. Dr. Tomm has previously visited Ireland and the FTAI are delighted to welcome him back to speak on this important issue at a time when there is such a need for forgiveness and reconciliation.



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**Two Day Workshop
with
Dr. Karl Tomm**

APPLICATION FORM

NAME: _____

ADDRESS: _____

TELEPHONE: _____

E-MAIL: _____

I enclose a cheque in the amount of _____
made payable to the "*Family Therapy Association of Ireland*"

Workshop Fee for 2-day workshop: (to include lunch)

FTAI Members:	€150
Non-Members:	€200
Student Member	€ 70

Please note that attendance at this workshop will carry 10 CPD points towards the Irish Council for Psychotherapy CPD requirements.

Please return application form and cheque to:

**Ann Daly, FTAI, 73, Quinn's Road, Shankill, Co. Dublin.
Tel: 01-2722105 E-Mail: amdps@indigo.ie**