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Understanding and Treating Shame. \$ 8.95. Product Description. Shame is a deeply painful, universal emotion, but isn't frequently discussed, even in psychotherapy. It's the torment we feel when we're exposed, humiliated, or rejected, and also the vague feeling of not being good enough. ... You will gain an understanding of how shame ...

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Understanding and Treating Chronic Shame by Dr. Patricia A. DeYoung offers readers a deep analysis of shame, how it operates, and how the psychotherapist-patient relationship can be the primary relationship that heals shame. DeYoung defines shame as " an experience of one ' s felt sense of self disintegrating in relation to a dysregulating other " (xiii).

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