

DEVELOPING A SHAME-INFORMED APPROACH

TRAINING | 24-26 SEPTEMBER 2026



A three-day intensive training that explores the application of a shame-informed approach to trauma in relational contexts

- This training is for practitioners working with individuals who have experienced and/or caused harm, as well as professionals in related service fields.
- A shame-informed approach complements and builds on trauma-informed practice.
- This training aims to help participants understand new approaches to working with shame in their roles and to find ways to better support individuals and groups in their daily practice.
- This training will explore, where appropriate, the impact of shame on people who have inflicted harm on others.
- This training will support participants to understand Shame Resilience Theory, build confidence in applying a shame-informed approach, and explore creative practices for working with shame with individuals and groups.

FACILITATORS



Sandra Barefoot
*Executive Director
The Forgiveness Project*

Sandra has over 30 years of experience in leadership. As a joint research fellow with the Griffin Society and Cambridge University's Department of Criminology, Sandra has researched the relationship between shame and resilience with women of lived experience of prison, and subsequently co-created a training resource exploring how practitioners can develop a Shame-Informed Approach in practice.



Ruth Chitty
*Lead Facilitator
and Psychotherapist*

Ruth works as a forensic psychotherapist in a personality disorder unit in a women's prison in the UK. Her work includes long-term psychotherapy with women, as well as providing supervision and line management to the team, alongside training and reflective practice spaces for the mental health team. She also has a private practice.

TRAINING DETAILS

- **Date:** 24-26 September 2026
- **Time:** 10.00-17.00
- **Location:** Jurastrasse 43, 2502 Biel/Bienne, Switzerland
- **Fee:** Early bird CHF 400 until 15th June 2026. Full price CHF 450.
With complimentary tea and lunch.
- **Language:** English
- **Registration:** To register, please send us an email at swissrjforum@gmail.com.

To learn more about the training, please visit our website.

CONTACT

swissrjforum.ch

076 746 12 88

swissrjforum@gmail.com