



**Dr. Ron Siegel and
Dr. Diane Poole Heller**

An Introduction to Overcoming Self-Doubt and Shame

Welcome!

Welcome

- ▶ This meeting is being recorded—and the replay will be sent out within 24 hours. Watch your inbox for a link.
- ▶ Once we start, all audience members will be muted, and cameras will be turned off.
- ▶ Once we start, chat will be disabled.
- ▶ There will be Q&A at the end, where Ron and Diane will answer as many of your questions as possible.
If you have questions or comments, please type them in the “Q&A” box at the bottom of your screen.
- ▶ If you’re having technical problems, please reach out to help@traumasolutions.com for help.



Dr. Ronald D. Siegel

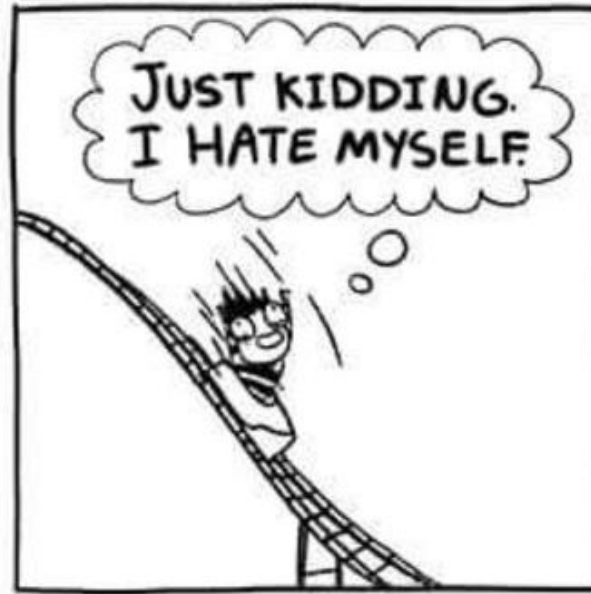
- Assistant Professor of Psychology, part time, at **Harvard Medical School**
- Serves on the Board of Directors and faculty of the **Institute for Meditation and Psychotherapy**
- International teacher of applied mindfulness in psychotherapy
- Coeditor of *Mindfulness and Psychotherapy 2nd Ed.*, and author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, and the recent book, *The Extraordinary Gift of Being Ordinary: Finding Happiness Right Where You Are.*

Diane Poole Heller, PhD



- ▶ Internationally recognized speaker, author and teaching expert in the field of adult attachment theory and trauma resolution.
- ▶ Author of *The Power of Attachment: How to Create Deep and Lasting Relationships*
- ▶ Signature approach—**DARe**—provides therapists and individuals with practical skills that facilitate healing from attachment and trauma wounds.
- ▶ Decades of experience supporting therapists in crisis situations—helping professionals respond with trauma-informed care.

MY SELF-ESTEEM





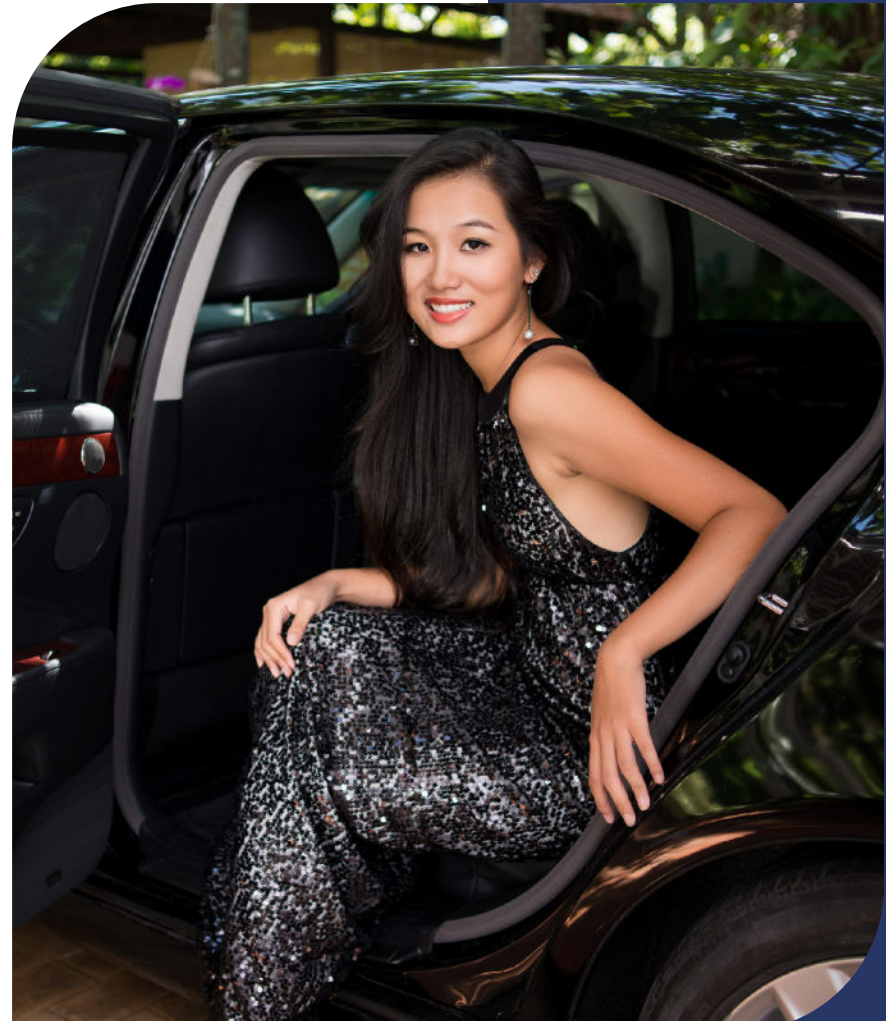
© Sarah Andersen



It's Darwin's Fault

What Realms Define Me?

- ▶ Skills & Talents
- ▶ Accomplishments
- ▶ Pedigree or Group Membership
- ▶ Moral Standing
- ▶ Appearance





The Failure of Success

- ▶ Narcissistic recalibration
 - ▶ Impossibility of winning consistently
-

Wrong Wall..?





A Trauma-Informed Path to Freeing Ourselves from Self- Preoccupation

Overwhelmed



Intensity of experience

Ability to bear experience



Trauma

“Big T” Trauma

- ▶ Unusual
- ▶ Overwhelming
- ▶ May be single event

“Small t” trauma

- ▶ Everyday
 - ▶ Moderate intensity
 - ▶ Maybe neglect rather than assault
-



A Toolkit

Therapeutic Mindfulness

- ➔ Awareness
- ➔ Of present experience
- ➔ With loving acceptance

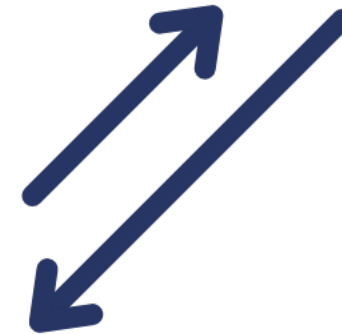
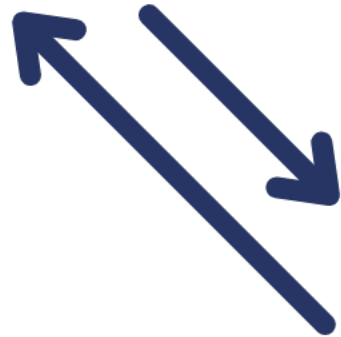




Loving Acceptance

Anger, anxiety, disgust

Drive, excitement, vitality



Contentment, safety, connection

Motivational Systems

Compassion

- ▶ **Latin:** pati
- ▶ **Greek:** pathein (“to suffer”)
- ▶ **Latin:** com (“with”)
- ▶ Compassion means to “suffer with” another person.





Let's Talk About Shame



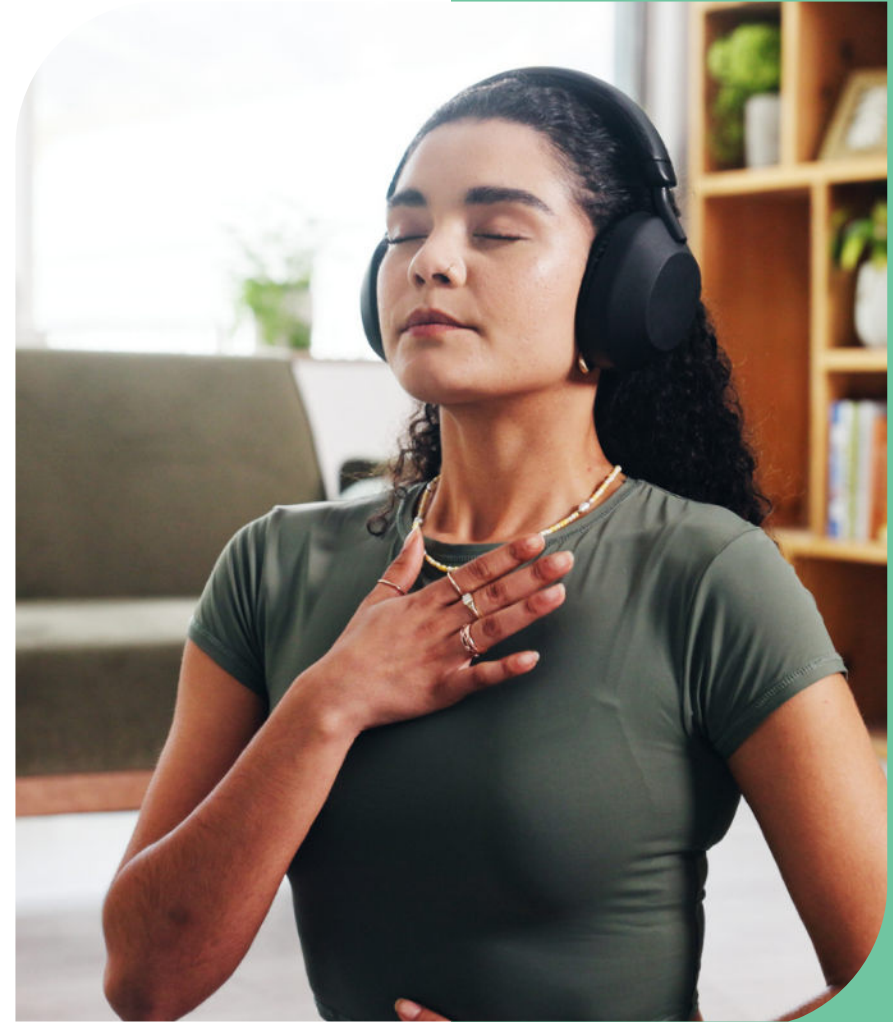
When Things Go Wrong

Unholy trinity of...

- ▶ Self-criticism
 - ▶ Self-isolation
 - ▶ Self-absorption
-

An Antidote: Self-Compassion

- ▶ Self-kindness
- ▶ Common Humanity
- ▶ Mindfulness





Attachment





Self Compassion Instead of Self- Esteem

Self Compassion Letter

- ▶ Describe something that makes you feel badly about yourself
- ▶ Think of loving, accepting, imaginary friend
- ▶ Write a letter to yourself from your friend's perspective

—adapted from Kristin Neff



j. nguyen

“Help! I’ve fallen into obscurity and I can’t get up!”



Freeing Ourselves from Self-Esteem Concerns

The 3 H Approach



Head



Heart



Habits

Mindfully Catching Ourselves In The Act



Self Esteem Autobiography

- ▶ Start with earliest memory, go through preschool years, elementary, middle, high school, college, then decade by decade.
- ▶ Events that made your self-esteem go up, and those that made it go down.
- ▶ How did they feel? How did you respond to them?



Healing Past Injuries With An Open Heart



**“They said I threw
like a girl”**





Opening and Closing





Safely Connecting With Others

Harvard Study of Adult Development

- ▶ 724 men studied for 75 years
- ▶ Since 1938
 - ▶ 1/2 Harvard students; 1/2 poor young men in Boston
 - ▶ 60 still alive
- ▶ Most important predictor of happiness, mental and physical health was quality of relationships





Make a Connection Not An Impression



**It's about other
people**



Service

“Brilliant.”—Tara Brach, PhD, author of *Trusting the Gold*

the
extraordinary
gift of being
ordinary

FINDING HAPPINESS RIGHT WHERE YOU ARE



Dr. RONALD D. SIEGEL



Dr. Ronald D. Siegel

Our next topic in Therapy Mastermind Circle...

Overcoming Self-Doubt and Shame

An Attachment and Trauma-Sensitive Approach

With Dr. Ronald Siegel & Dr. Diane Poole Heller

Help your clients build stable and
compassionate sources of well-being

 Our first session begins May 12, 2026



www.TherapyMastermindCircle.com

What is Therapy Mastermind Circle?

An annual membership program where we meet monthly to explore relevant topics, share expert learning, and develop practical skills to help you and your clients thrive.



Explore a variety of advanced therapeutic topics—**highly relevant to your practice**—and not covered often in traditional training programs.



Integrate new skills and highly effective exercises and corrective interventions with existing modalities to help clients grow and thrive despite past trauma.



Join a **supportive, friendly, and engaged community of like-minded professionals** where you can network, practice new skills, and support each other's healing journeys.



Learn directly from Dr. Diane Poole Heller **and other renowned experts** ready to share years of professional clinical experience.



Get access to a **comprehensive library of tools** and training resources, with slides, worksheets, and videos—plus client case studies, clinical demos, and experiential exercises.



Stay current with the latest training tools and approaches—**plus, you can earn up to 8 CE credits every six months** as you complete each training topic module.



Learn from the Expert in Mindfulness-Based Psychotherapy

- + Understand the evolutionary and neurobiological roots of self-evaluation and shame—so you can **contextualize these patterns as adaptive**, rather than pathological
- + **Use relationships as a context for repair and transformation**—supporting clients in moving from self-evaluation toward genuine connection, resilience, and meaning.
- + **Apply mindfulness and self-compassion practices** to help clients disengage from the judging mind
- + **Map self-doubt and narcissism** as complementary protective strategies—recognizing how both collapse and inflation attempt to regulate the same underlying vulnerability
- + **Track shame- and pride-based defenses** as they emerge in real time—using somatic awareness and relational cues to guide more precise, responsive interventions.
- + Identify how **early attachment experiences** shape internal working models of worth and lovability

 **Our first session starts on May 12, 2026**



Here's What We'll Cover in the Next Six Months

✓ **Class 1: The Self-Evaluation Trap**

An exploration of the evolutionary and neurobiological roots of self-evaluation, shame, and narcissistic defenses.

✓ **Class 3: Trauma, Attachment, and the Development of Self Narratives**

Examine how trauma and attachment injuries shape unstable self-worth, and learn to reframe inflation and deflation as survival adaptations.

✓ **Class 5: Make a Connection Not an Impression**

Use authentic relationships to move from comparison to connection, reducing self-esteem preoccupation and building relational capacity.
(Featuring Diane Poole Heller)

✓ **Class 2: Stepping Off the Self-Esteem Roller**

Coaster Use mindfulness and somatic awareness to observe self-critical and self-inflating narratives, building tolerance for shame and collapse.

✓ **Class 4: Self-Compassion**

Apply self-compassion practices to soften shame and reduce inflation or collapse, helping clients disentangle identity from self-judgments
(Featuring Diane Poole Heller)

✓ **Class 6: Enjoying the Extraordinary Gift of Being**

Ordinary Help clients cultivate well-being through connection and gratitude, while building sustainable habits and exploring broader, meaning-oriented healing. **(Featuring Diane Poole Heller)**



Each class session will meet online for 2 hours plus optional community breakouts



Need CE Credit Hours?



+ Approved for 8 CE Credit Hours

If you're a ***licensed clinical professional counselor or licensed social worker*** and you need CE credits, the LIVE online sessions for this training have been approved for **8 CE Credits**.

Eligible professionals must purchase credits before the last class and attend all *six live training sessions to qualify*.

You can **purchase these for just \$89** on our website at <https://traumasolutions.com/purchase-ce-credits/>



Here's Everything You'll Get In Therapy Mastermind Circle



Six LIVE, 2-hour training sessions with Dr. Ron Siegel

Each class blends teaching, demos, and in-session exercises, for experiential learning.



Private course portal (w/ lifetime access)

All class replays, transcripts, slide decks, and handouts are added to your Kajabi library so you can review and use them with confidence any time.



After-Class Community Breakouts

Connect with your peers and practice what you learn, deepening your engagement with class material.



Put-It-Into-Practice exercises

Session-ready worksheets and guided exercises to practice with colleagues or use with your clients.



Live Q&A

Bring your questions for Dr. Siegel after each session and get answers you can take straight into your therapy work.



Three classes featuring Diane Poole Heller

Diane brings her somatic- and attachment-focused perspective to deepen and expand the core material.



Enroll Now to Join Us!

Full Access

\$ **77**

MONTHLY PAYMENT

ENROLL

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Q&A - Up Next!

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