Workshop 5

Damn Shame: the Power of Shame to Silence and Isolate

This workshop will explore what we know and understand about shame, sexuality and gender identity. We will explore the power and use of shame to silence and isolate gender and sexual minorities and how shame can maintain a cycle of self-hatred. We will consider the contributions from recent developments in the science and application of compassion as a potential antidote to shame. This will be an interactive, experiential workshop for certain number of participants.

Dr. Paul D’Alton is Head and Clinical Lead of the Department of Psycho-oncology at St Vincent’s University Hospital, Dublin and Adjunct Lecturer at The School of Psychology, University College Dublin. He is founder and co-director of the MSc in Mindfulness Based Interventions in UCD. Paul is current President of The Psychological Society of Ireland. Paul completed his clinical psychology training in Trinity College, Dublin. His primary area of clinical & research interest is the application of mindfulness-based interventions in healthcare with a particular interest in end of life care. He trained in MBCT at the Oxford Centre of Cognitive Therapy and completed his practicum and teacher intensive training at the University of Massachusetts (USA) where mindfulness-based interventions in healthcare originated. He has been teaching MBCT with clinical populations for 10 years having begun his own meditation training in 1994. He also teaches on several post-graduate programmes at University College Dublin, the Royal College of Surgeons in Ireland and Trinity College Dublin. He has completed a number of funded research projects and has presented and published research both nationally and internationally. Paul lives in Dublin, is a committed cyclist and a reasonable cook.