



CENTRE FOR PSYCHOLOGY  
AND EMOTIONAL HEALTH

# Working with Shame and Anger in Psychotherapy

Leslie Greenberg, Ph.D., Psychologist



January 22 & 23, 2026



11:00AM – 3:00PM (Eastern Standard Time)



Live Online Workshop

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## OVERVIEW

Core unhealthy shame is a major source of psychological distress and human suffering. Shame results in feelings of worthlessness and self-contempt, difficulties in interpersonal relationships, and problematic emotions such as unhealthy anger or rage. In contrast, assertive healthy anger is helpful and therapeutic to change core shame. As a therapist, knowing how to work with assertive anger is fundamental in transforming shame and accessing the sadness of grief related to childhood unmet needs.



This workshop will teach therapists practical skills on how to transform core shame with healthy, assertive anger and process the sadness of grief related to childhood unmet needs. Through didactic presentation and review of in-person, video-recorded therapy sessions, Dr. Leslie Greenberg will discuss specific client change processes and therapist interventions.

This workshop is tailored for mental health professionals from various training backgrounds.

## OBJECTIVES



In this workshop, you will learn how to:

- Apply emotion change principles to working with shame
- Help clients work with and bypass unhelpful anger/rage
- Use specific interventions to activate, deepen, and transform core maladaptive shame, (For example: interventions for self-criticism, age regression, working with childhood memories)
- Access and work with assertive anger, childhood unmet needs, and the healthy sadness of grief
- Work with clients who have difficulty accessing their emotions
- Help clients develop new meaning and narratives, and re-story their experience

## RATES

**Early Registration Rate** - \$219 (+ applicable taxes)

**Regular Admission** - \$259 (+ applicable taxes)

**Student Rate** - \$179 (+ applicable taxes)

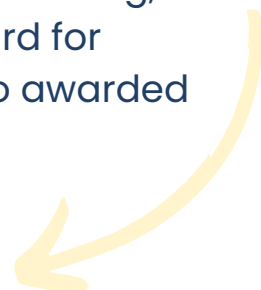
Students are eligible for a student rate. Please sign up [here](#) to access student benefits. Student rates apply to individuals currently enrolled in an undergraduate, master's, or doctoral program at a recognized post-secondary institution.



## ABOUT THE PRESENTER

Dr. Leslie Greenberg is the principal developer of Emotion Focused Therapy and is widely recognized for his distinguished professional contributions to applied research. He has devoted his career to research that specifies how working with emotion is at the heart of psychological change. Among his many accomplishments Dr. Greenberg received the American Psychological Association (APA) Award for distinguished Research Career, the Carl Rogers Award of the APA Society for Humanistic psychology, the Canadian Council of Professional Psychology Program Award for Excellence in Professional Training, and the Canadian Psychological Association Professional Growth Award for Distinguished Contributions to Psychology as a Profession. He was also awarded the APA Award for Professional Contributions to Applied Research.

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## ADDITIONAL TRAINING OPPORTUNITIES

Upcoming Live Workshops  
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E-Learning Opportunities  
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