Shame-Less Lives, Grace-Full Congregations

with Karen A. McClintock, PhD

Learn how to transform your congregation into a grace-based place of joy and growth

Oct. 22-23, 2012
The Pyle Center
702 Langdon St
Madison, Wis.

Registration includes a copy of Karen McClintock’s book of the same name.
Shame-Less Lives, Grace-Full Congregations

Monday-Tuesday, Oct 22-23, 2012

Take a journey with author Karen McClintock and learn how to reduce shame in yourself and your congregational system, and discover lives of joy and grace.

Dr. McClintock begins by exploring shame as a theological and psychological emotion: “a feeling of unworthiness in the sight of God and significant others.” Guilt says: “I made a mistake.” Shame says: “I am a mistake.” She explains the many forms shame takes and the shame-laden messages within religious teachings and practices.

You’ll explore topics including perfection shame, comparison shame, theological underpinnings of shame, sexual shame, cross-cultural shame, and the shame-blame game. Throughout, the emphasis is on how to reduce shame in pastoral care, committee work, worship, and in all congregational relationships by providing messages of hope and healing. Learn how to transform shame-based congregations into grace-based places of joy and growth.

The book and two-day workshop covers:

• Where shame begins
• Yours, mine, and ours: overlapping dynamics of shame
• We’re all different: creating shame-less congregational cultures
• The shame-blame game: recognizing shame’s opposite
• Comparison shame: closing the gaps with acceptance and respect
• Perfection shame: quieting our inner critic
• Chronic illness shame: community is the cure
• Naked and ashamed: reducing individual sexual shame
• Sexual shame in congregations: old habits and new opportunities
• Grace yourself: practical ways to overcome shame


Your seminar leader

Karen A. McClintock, PhD, is a clergy consultant and psychologist specializing in shame recovery. She is a national lecturer and workshop leader and teaches psychology at Southern Oregon University. An ordained elder in the United Methodist Church, parish pastor, and chaplain, her other books include Preventing Sexual Abuse in Congregations and Sexual Shame: An Urgent Call to Healing. She co-authored Healthy Disclosures with Dr. Kibbie Ruth.

For more information

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