



## **Book review - Shame Regulation Therapy for Families**

### **A Systemic Mirroring Approach**

**Written by: Uri Weinblatt**

The book introduces systemic mirroring, an innovative approach to understanding and managing the disruptive presence of shame in family therapy. Shame is analyzed in individual and interpersonal contexts, and in two basic problematic states—experiencing too much or too little shame—often found at the root of serious problems between children and their parents. The author offers potent conversation-based strategies for working with children, adolescents, and their families, and for working with parents to resolve their own shame issues so they can improve their relationships with their children. The author also illustrates how shame regulation can improve the bond between client and therapist and produce lasting effects as clients learn to disengage from shame.

[Read more and buy the book here!](#)