

Taming Your Inner Critic



Are you looking for the courage to cultivate shame resilience and love yourself just as you are? In this weekly group, we will explore the ways in which we see vulnerability as weakness, understand our shame triggers, and move from "what will people think of me" to "I am enough."

Based on the work of Dr. Brene Brown, activities will guide participants towards shame resilience, authenticity and worthiness.

This group requires an initial assessment at CAPS. The therapist will help you schedule a brief screening interview to see that the group will adequately address your reasons for coming to the group.

To ask questions about or express interest in this group, please use the [group form](#) [1].

Image [Worth](#) [2] by [Thomas Hawk](#) [3], Flickr Creative Commons

Friday 1:30 - 3 pm

[Skills and Wellness Groups](#) [4]

Full

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Source URL: <https://caps.unc.edu/services/group-therapy/taming-shame>

Links

[1] <https://campushealth.unc.edu/services/counseling-and-psychological-services/group->

therapy/group-interest-form

[2] <https://www.flickr.com/photos/thomashawk/14699823914>

[3] <https://www.flickr.com/photos/thomashawk/>

[4] <https://caps.unc.edu/group-therapy-types/skills-and-wellness-groups>