



Kirstie Seaborne: Shame Proof Parenting:

How to Break the Intergenerational Cycle of Shame and Reclaim Your Parent Power



Kirstie Seaborne is the founder of Embodied Parent Education. She is a Compassion Fatigue educator and a Leadership Embodiment coach, amongst many other things. Learn how to break the intergenerational cycle of shame and reclaim your parent power.

TOP EMBODIMENT TIP: Live into curiosity, appreciation and playfulness.

Nature of Shame: **Shame likes to hide by disguising itself as other emotions and behaviours**

- Loaded with difficult emotions and associations; resists being talked about.
- Parasympathetic break: strong shutdown of escalating energy. Shame is a dimmer switch.
- Shame is a disruptive socialising mechanism across cultures and mammals. Designed to halt any action that puts the tribe in danger.

Healthy vs Toxic Shame: **How shame can make relationships deeper and more resilient**

- All children are likely to carry some degree of shame, no matter how mindful their upbringing.
- The intensity and duration of the rupture, and its subsequent repair, determine if it is healthy or toxic.
- Short ruptures in a relationship build attachment and resilience to face future disappointments and rejections.
- They build a sense of self-worth and trust that one is loved, and the relationship is sustained despite one's mistakes.

The Death Mother Archetype: **Symbolic mother whose behaviors or feelings threaten children**

- Death Mother energy is the spirit of disapproval and denigration that arises when you consider attempting something new, asserting your voice or stepping up towards change.
- Can be any caregiver: mother, father, teacher — even society.

Counter-Shaming Resources: **Not enough to stop shaming action; we need to create counter-shaming culture**

- 3 resources: curiosity, playfulness and appreciation
- Developing a sense of awe and fascination for the inner life of our children. This helps the child learn that feelings are safe.
- Going beyond just tolerating behaviours. Seeing creative power behind protective intentions.

Resources

❖ **Website:** embodiedparents.com

❖ **References:**

- [*The Death Mother as Nature's Shadow: Infanticide, Abandonment, and the Collective Unconscious*](#), Daniela F. Sieff [Essay]
- The work of [Toko-pa](#), [Irene Lyon](#)



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Ilan offers online trainings and in-person retreats and her work has been described as an "Avantgarde Embodiment Training for Warriors". She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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