



# The Science of Shame and Its Treatment

*Gerald Loren Fishkin*

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## **The Science of Shame and Its Treatment** Gerald Loren Fishkin

Shame is the ghost in the machine of the human mind. It can implant itself in the psyche before the first word is spoken, even before the first thought has formed. In his groundbreaking book, *The Science of Shame and Its Treatment*, psychotherapist and author Gerald Loren Fishkin, Ph.D., addresses the genesis of shame and self-talk from an empirical analysis of their core elements, its insidious ingress into conscious thought, and the havoc it inflicts on a person's self-worth and behavior.

Through his empirical analysis and understanding of toxic shame, Dr. Fishkin has identified multiple effective clinical approaches for its treatment and addressing shame-based behaviors. He clearly outlines why contemporary treatment approaches, including cognitive behavioral therapy, do not treat core shame wounds and most often cause individuals to terminate the therapeutic process prematurely.

This book is a must-read for clinicians, addiction specialists, teachers, students of human behavior, counselors, social workers, patients in treatment.

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