

# Stigma, shame and SELF.





## Today's Special:

**11:00 - 11:05**  
**Mabuhay**

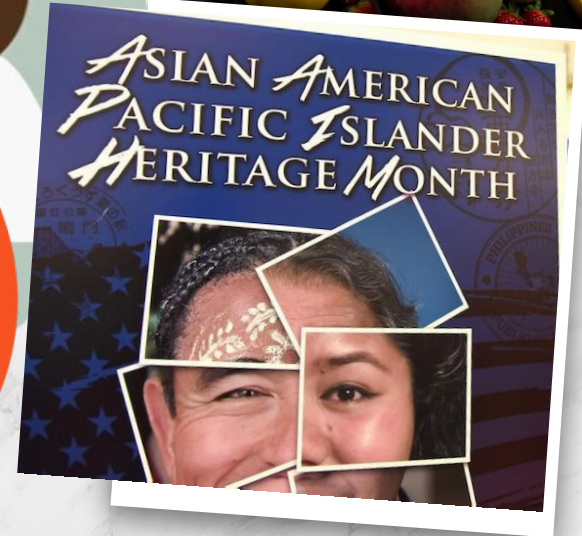
**11:05 - 11:10**  
**Pulutan**

**11:10 - 11:50**  
**Kamayan**

**11:50 - 11:55**  
**Merienda**

**11:55 - 12:00**  
**Salamat**







*The title track from the original release of the Hennie Bekker album "Spring Rain" (1992), the first release in Bekker's "Kaleidoscopes" series. The other four albums in the series, "Summer Breeze", "Autumn Magic", "Winter Reflections", and "Christmas Spirit" would follow this album's success. This album was released with different cover art in the late 90s. A later version with remixed of some of the songs was released by Hennie Bekker in 2003.*

*Buy or stream the album:*

*On iTunes at: <https://itunes.apple.com/album/kalid...>*

*On Amazon.com at: <https://www.amazon.com/hp/product/B00...>*

*Visit Hennie Bekker's Official Website at: <https://henniebekker.com>*

*(C) 2019 Abbeywood Records.*

*(P) 1992 Hennie Bekker Music Inc.*

*Published by Abbeywood Music (SOCAN)*

*Composed by Hennie Bekker (SAMRO)*

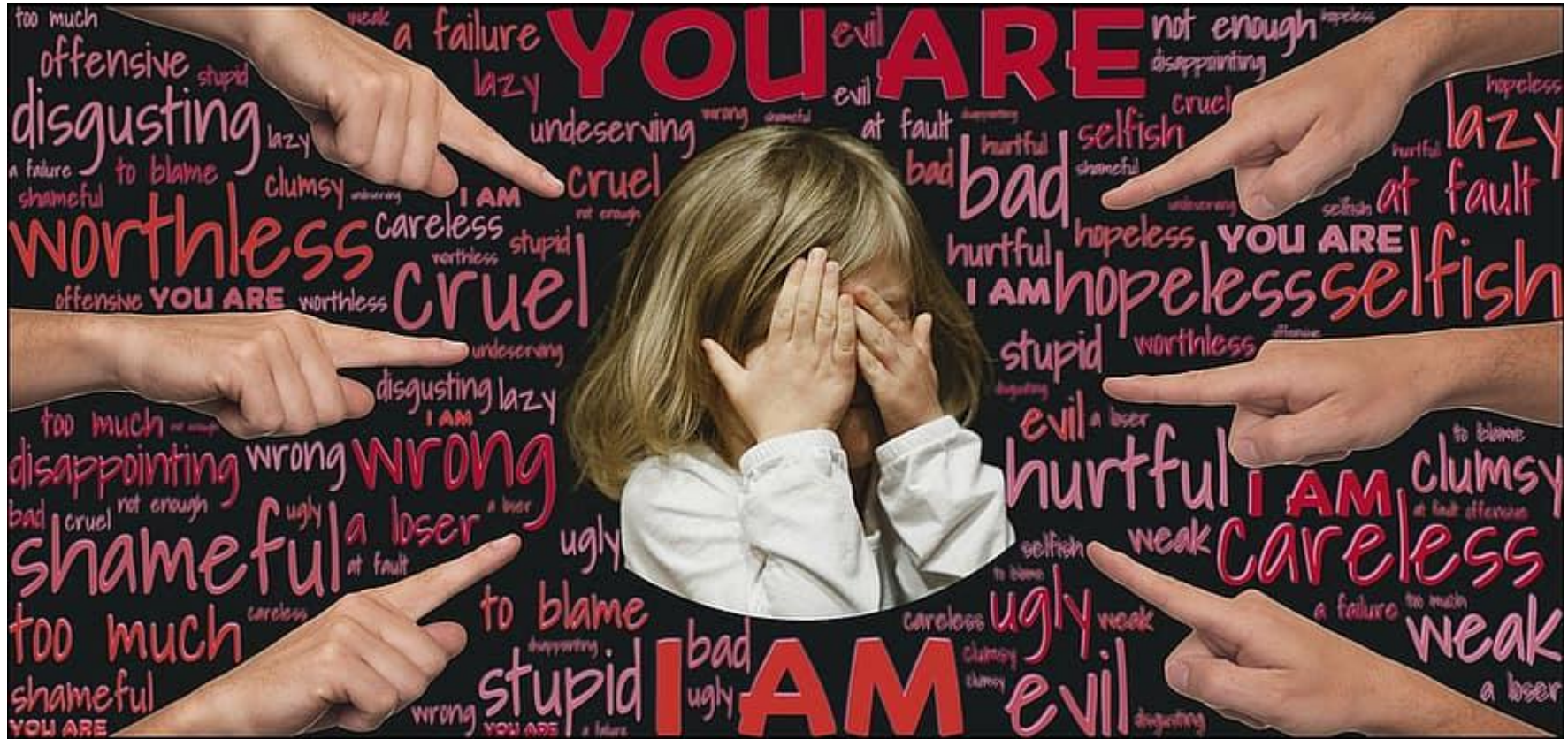
*All Rights Reserved.*



Hieu Pham, MD MSPH AAHVS

Boya Hua, MSW LMHC LSWAIC









## RESOURCES & REFERENCES:

Brown, B. (2012). TED talk: Listening to shame. *marzo de*.

Harris, J. I., Leskela, J., & Hoffman-Konn, L. (2016). Provider lived experience and stigma. *American Journal of Orthopsychiatry*, 86(6), 604.

Knaak, S., Modgill, G., & Patten, S. B. (2014). Key ingredients of anti-stigma programs for health care providers: a data synthesis of evaluative studies. *The Canadian Journal of Psychiatry*, 59(1\_suppl), 19-26.

Mental Health Monitor: Shame — The Elephant in the Room  
By Darlene Lancer, LMFT, JD, *Social Work Today*  
<https://www.socialworktoday.com/archive/051815p30.shtml>

Shame V. Guilt, by Dr. Brene Brown  
<https://brenebrown.com/blog/2013/01/14/shame-v-guilt/>

ALEKS MARTIN, MSW LSWAIC SUDP (S/he or they pronouns)  
A/M Consulting & Clinical Services - Seattle, Washington  
*amclinicalservices.com*

Thank You!



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration