

## Journey from Shame to Forgiveness

### *Reference Sheet for Powerpoint by Slide*

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  5. Quotation from Dr. Gabor Mate from the video (How Childhood Trauma Leads to Addiction - Gabor Maté. <https://www.youtube.com/watch?v=BVg2bfqblGI>)
  7. These ideas are expressed as the result of our professional experience and are heavily influenced by integrating the general work of Dr. Gabor Mate, Dr. Richard Schwartz, Dr. Brene Brown.
- Reading List:
- The Myth of Normal, Trauma, Illness and Healing in a Toxic Culture. Gabor Mate, MD*
- No Bad Parts. Richard Schwartz, PhD*
- Atlas of the Heart. Brene Brown, PhD, MSW*
- Daring Greatly, Brene Brown, PhD, MSW*
- The Gifts of Imperfection, Brene Brown, PhD, MSW*
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  10. (Photo 2) Unknown creator. Attributed to "Kay Bruner." [https://www.heart-in-diamond.com/wp-content/uploads/2016/12/life-changing/counsellor\\_kay\\_bruner.jpg](https://www.heart-in-diamond.com/wp-content/uploads/2016/12/life-changing/counsellor_kay_bruner.jpg)
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20. Internal Family Systems. March 5, 2019. Dr. Richard Schwartz explains Internal Family Systems (IFS). <https://www.youtube.com/watch?v=DdZZ7sTX840&t=1s>
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23. Schwartz, R. (2022). Exercise: Getting to Know A Protector. In Schwartz, R (first ed.), *No Bad Parts, How the Internal Family Systems Model Changes Everything* (pp. 23-4). Sounds True
25. Minimalist. May 13, 2019. Performance by Yoann Bourgeois. <https://www.youtube.com/shorts/TaKrEEs0sog>

