

# The Science of SHAME and Its Treatment

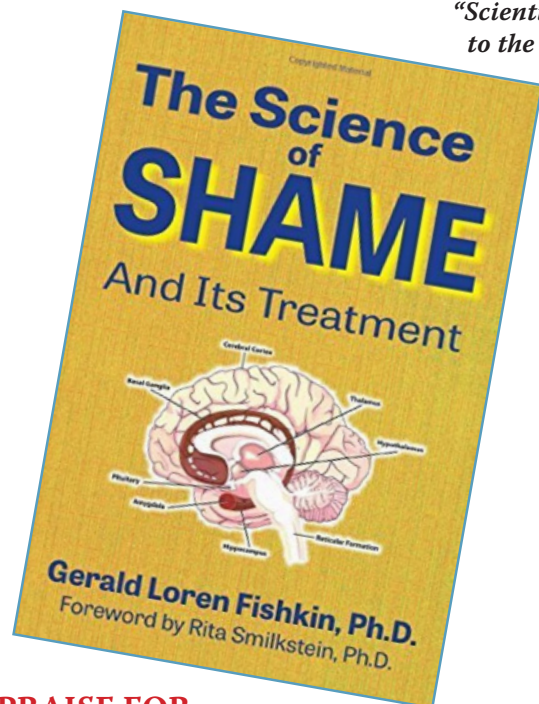
by Gerald Loren Fishkin, Ph.D.

## MEDIA KIT

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Winner of the IRWIN Award for Best Psychology Book 2016  
Finalist for Book of the Year Psychology - Foreword INDIES Awards

*"Scientists are learning that trauma, abuse, neglect, abandonment, and other chronic violations to the self in early life develop, shape an individual's inner voice into an intrinsically negative instrument, darkening his or her world permanently."* - Dr. Gerald L. Fishkin



### PRAISE FOR...

#### *The Science of SHAME and Its Treatment*

*"Dr. Fishkin's in-depth discussion on shame begins by first defining and clarifying the difference between shame and guilt. That alone is worth the price of the book!"* —A.D. Burks, author of *Sex & Surrender: The Addict's Journey*

*"Anyone in a helping profession will benefit from employing this tool in their arsenal to help bring about healing and hope."* —Sean Walsh, CEO, The Meadows Treatment Centers

*"Dr. Fishkin's comprehensive book not only provides real life stories that help us relate to our shame through the healing power of our own awareness and self-compassion."* —Mary O'Malley, author of *What's In the Way Is the Way* and *The Gift of Our Compulsions*

### What if healing shame paved the road to true recovery?

In his groundbreaking book, *The Science of SHAME and Its Treatment*, psychotherapist and award-winning author Dr. Gerald Fishkin addresses the genesis of shame and negative self-talk from an empirical analysis of their core elements. He fully explains shame's insidious ingress into both conscious and unconscious thought. Fishkin includes accounts of individuals who, with therapeutic help, were able to change their lives.

Addiction may be America's most neglected disease. According to a Columbia University study, "40 million Americans age 12 and over meet the clinical criteria for addiction involving nicotine, alcohol or other drugs." That's more Americans than those with heart disease, diabetes or cancer. What if shame were at the core of their illness how many people would find relief by healing or facing that shame?

Anyone who is grappling with addictions, toxic shame, or low self-worth will be able to assess, understand and gain a perspective with regard to the question, "who am I and why can't I get past myself." Whether the reader is a clinician, addiction specialist, teacher, student of human behavior, counselor, social worker, or a patient in treatment, *The Science of Shame* provides an understanding of why toxic shame and negative self-talk is abusive, unrelenting, and how it can be changed. Dr. Fishkin suggests that compassion for self is an important key for recovery.

### FACTS ABOUT:

#### *The Science of SHAME And Its Treatment*

Author: Gerald L. Fishkin, Ph.D.

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### Author Bio



Years of clinical practice and extensive research provided the background for **The Science of SHAME**. Dr. Fishkin earned his Ph.D. in clinical psychology, and has been licensed and worked in private practice since 1970.

He has authored three other books including

*American Burnout: How to Cope When It All Gets to Be Too Much*, *Police Burnout* (Harcourt Brace Jovanovich), *Firefighter and Paramedic Burnout* (Harcourt Brace Jovanovich), and *American Dream* (Loren Publications.) An expert in clinical and forensic hypnosis, Dr. Fishkin has worked with witnesses of violent crimes in scene reconstruction as well as aided in suspect identification. He has authored over 200 articles for a wide range of magazines and newspapers.

Dr. Fishkin has taught at University of Southern California, Cal State Long Beach, and for a number of hospitals and police organizations. He has appeared on hundreds of nationally syndicated radio and television shows. He is host of the weekly online show *Psyched!* available through TherapyCable.com.

Learn more about Dr. Fishkin at:  
[www.DrGeraldFishkin.com](http://www.DrGeraldFishkin.com)