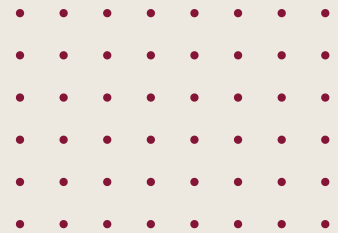




# THE SHADOW'S GIFT: HEALING SHAME AND RECLAIMING YOUR TRUE SELF

FREE: 5.5 IDFPR CEU'S FOR LSW/LCSW, LPC/LCPC, Psychologist,  
and IAODAPCA (Pending)

*Discover how shame shapes our lives—and how to heal. This powerful presentation explores the roots of shame, its impact on identity and mental health, and practical tools for transformation. Learn about Jung's Shadow Self, the cycle of shame, and actionable strategies for self-compassion, vulnerability, and reclaiming your strengths. Step into wholeness—light and shadow alike.*



## FRIDAY



**May 15, 2026**



**9:00 pm to 3:30 pm**



**VIRTUAL TRAINING ON ZOOM**

**REGISTER NOW**



**Training Coord: Kris Doherty**  
**kdoherthy@mc708.org**



**Gary Rukin, LPC**

*Trauma Informed Coordinator for the  
McHenry County Mental Health Board*