



Suze Maclaine Pont

Founder & Director of Integrative Trauma Therapy

Module - Shame & Intimacy 27-29 May 2026

A three-day exploration into the essence of being human

Chronic, internalized shame is often invisible—not just to others but to ourselves. It's a hidden, intimate relationship of self-rejection that permeates our whole being. This deeply rooted shame keeps us distanced from our Soul and our truest selves. It fuels an endless cycle of hiding—hiding from our core and from the vulnerability of being truly seen by others. But internalized shame goes beyond a mere “social” feeling; it anchors itself as a persistent sense of self-devaluation, exposure, and self-hatred, forming the very foundation of painful self-alienation.

In this state, we feel trapped, unable to break free from the inner psychophysiological grip of shame. Shame doesn't have words—it begins in a place beyond language, beyond what can easily be named or described. Yet, to free ourselves, we need what we often fear most: the sensitive, gentle, and often intimate connection with others.

Living in the isolation of shame keeps us from expressing other emotions and prevents the genuine human contact we need to feel whole. In hiding, we conceal not only from others but from ourselves. Like children who stumble upon a skeleton in a game of hide and seek, we sometimes find that the ultimate hiding place has kept us isolated from life itself.

Only through meaningful connection can chronic self-rejection be transformed into a deeper sense of self. Our desire for closeness and intimacy arises from a fundamental need to be truly felt by another. This longing to experience our own “I am”—pure being—stems from our deepest inner health. But to be our true selves requires a profound connection with our Soul, our inner self, and a felt connection with others.

Over these three days, we'll dive into the nature of shame, exploring how developing sensitivity, gentleness, and interactional attunement can gradually break the cycle of shame.

Please Note: This seminar is primarily a teaching experience. While we'll engage in deep personal work to uncover our unique shame dynamics, it's important to remember that this process alone won't heal all forms of shame permanently. Instead, it's the beginning of an ongoing journey toward self-acceptance and connection.

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Why this module is critical for doctors, therapists, healers and spiritual coaches:

Many doctors, therapists, healers and spiritual coaches have bypassed their shame through spiritual practice. You've transcended the ego, connected to Source, learned to "love yourself"—but the body still holds shame at a cellular level.

You can't heal your clients' shame if you're dissociated from your own.

This module brings you back into your body—into the tender, vulnerable places where shame lives—so you can finally be WITH it instead of above it.

When you complete this module:

- You'll stop unconsciously shaming clients (or enabling their shame)
- You'll be able to hold space for their deepest vulnerability without flinching
- Your intimacy capacity will transform (professionally and personally)
- You'll finally feel the integration of human AND divine

Price:

Per module: ~~€2.000~~ per module **€1.500 if paid in full**

All modules: ~~€8.000~~ currently **€6.000 if paid in full**

All prices include lunches and dinners during seminars.

VAT, overnight stay and transportation are not included.

Payment plans available.

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