

# **Canadian Podcast Host Transforms Personal Creative Writing Into Groundbreaking Six-Part Shame Healing Series**

**Shame Out Loud Brings Together Psychotherapists, Clinical Psychologists, and Trauma Survivors in an Unprecedented Roundtable Experience-Available on Spotify, Apple Podcasts, and YouTube**



and host of The Lori Clarke Show, has released Shame Out Loud- a six-part podcast series that is redefining what shame healing looks and sounds like in the digital age.

The series, which launched February 2, 2026, and concludes March 9, 2026, began as something deeply personal: a piece of original creative writing called Child and Woman, written by Clarke years before there were microphones, episodes, or roundtables. The piece, a visceral, poetic exploration of dissociation, silence, and the split self that occurs after trauma, became the foundation for one of the most emotionally honest and professionally guided podcast series in the healing space today.

### **What makes Shame Out Loud different**

Unlike traditional mental health podcasts, Shame Out Loud opens each roundtable with Clarke reading "Child and Woman" aloud-an act of radical vulnerability that sets the tone for everything that follows. Co-hosted by Tammy Valicenti, a psychotherapist, trained social worker, and EMDR specialist with 30 years of experience and found her own therapeutic modality, Transformation Solution, the series brings together a rotating panel of guests, professionals and lived-experience voices who respond to Clarke's writing from their own stories.

### **Guests across the six episodes include:**

- Tammy Valicenti, Psychotherapist, EMDR specialist, and founder of Transformation Solution
- Carina Gosch, trauma Survivor whose healing Journey includes EMDR and IFS.
- Dr. Lara Barbir, Clinical Psychologist based in Southern California, specializing in trauma, shame and post traumatic growth
- Annie Trainor, Therapist and Clinical Social Worker with extensive experience supporting trauma survivors and youth in the Juvenile Justice System
- Petra Brunnbauer, Mind-body coach, founder of The Jörni holistic well-being platform, podcast host and author on chronic stress and functional freeze

The result is a series that is part literary event, part professional roundtable, and part collective healing experience - unlike anything currently available in the podcast landscape.

### **The Themes the Series Holds**

Shame Out Loud does not treat shame as a single category. Across six episodes, guests and hosts explore:

- Sexual assault and the long silence that follows
- Toxic and dysfunctional family systems
- Generational and intergenerational Trauma
- Parentification and emotional neglect
- Dissociation and the fragmented self
- The body's role in holding and releasing shame
- Forgiveness, accountability, and what healing actually requires
- The Revolutionary Act of saying: 'this ends with me.'

"Shame is one of the most misunderstood and most carried emotions we have," said Clarke. "It shows up in toxic family dynamics, broken relationships, generational trauma, and the quiet voice that tells you that you are not enough. What this series does is name it - out loud - with professional guidance, lived experience, and compassion. Because the shame you are carrying was never yours to begin with."

## The Curious Writing Companions: A New Format for Healing

Alongside each episode, Clarke created what she calls Curious Writing Companions - a completely original format developed specifically for this series. Rather than traditional journals, the Companions offer gentle, carefully crafted writing invitations drawn from the themes that surface in each episode, grounding practices, and prompts designed to help listeners explore their own stories at their own pace.

"These are openings, not obligations," Clarke explains. "They sit beside the series and invite listeners to write what they couldn't say before."

The Curious Writing Companions are available at [loriclarkemedia.com](http://loriclarkemedia.com).

### A series built for the moment

Shame, generational trauma, toxic family dynamics, and the search for self-worth are among the most searched emotional health topics globally. Shame Out Loud meets that need with something the internet rarely offers: depth, professional guidance, and genuine human honesty - all woven together around one woman's original creative work.

The complete six-episode series is available now on Spotify, Apple Podcasts, YouTube, and all major podcast platforms, as well as on LoriClarkemedia.com, where listeners can also access show notes, guest credentials, and the Curious Writing Companions.

### About Lori Clarke Media

Lori Clarke Media is a Canadian podcast and media brand founded by Lori Clarke, host, storyteller, and creative writer. The brand's four learning spaces- The Lori Clarke Show, Shame Out Loud, The Upside Down creative writing series, and Simply Gratitude Life- offer honest conversations for anyone ready to understand themselves more gently. Because none of us were meant to carry this alone.

Shame Out Loud contains content warnings. No explicit events are described, but episodes touch on sexual assault, emotional neglect, and difficult family experiences. Listeners are encouraged to move at a pace their body allows and to seek professional support if needed.

Media inquiries and interview requests welcome.\*

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