



UNDERSTANDING SELF-WORTH



Chris Brown, MS, PhD, is the coauthor of *Understanding Self-Worth: A Guide to Worth-Conscious Theory and Psychotherapeutic Practice*, a groundbreaking book in which she played a vital role in helping her colleague, Dawna Daigneault, bring **worth-conscious theory** to publication. Her contributions have made this innovative approach accessible to readers seeking to understand and apply it to help clients heal from the trauma associated with a pattern of denied self-worth. With three decades of experience as an educator and researcher in counselor preparation programs, and over 40 years of experience as a licensed psychologist providing psychotherapy to culturally diverse populations, Chris has a deep understanding of the links between negative self-beliefs

and mental health issues. Chris is professor emerita in the Psychology and Counseling Department at the University of Missouri-Kansas City and has authored over 60 peer-reviewed articles and is a fellow of the American Psychological Association in Divisions 17 (Society of Counseling Psychology) and 29 (Psychotherapy). Her work aims to generate knowledge that enhances client mental health and addresses social concerns.

EXPERT INTERVIEW TOPICS:

Why Be Worth-Conscious:

Prioritizing awareness of worth (i.e., being worth-conscious) fosters well-being, personal development and deep relationships. The pursuit of well-being and healthy relationships is fundamental to human life. Self-worth is a birthright yet often undervalued in mental health practices. Recognizing and elevating self-worth can substantially improve mental health outcomes.

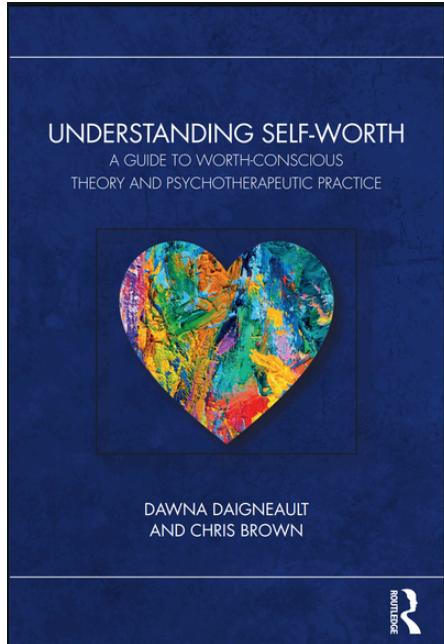
The Role of Self-Worth:

Self-worth influences emotional health, relationships, and personal authenticity. Despite efforts to reduce stigma and improve access to mental health services, the importance of self-worth remains underemphasized. This book advocates for its central role in healing and growth.



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A GUIDE TO WORTH-CONSCIOUS THEORY AND PSYCHOTHERAPEUTIC PRACTICE



Understanding Self-Worth: A Guide to Worth-Conscious Theory and Psychotherapeutic Practice is for psychotherapists confounded by the struggle of working with clients who present with a pervasive pattern of denied self-worth, which causes a specific type of psychache (i.e., unbearable suffering). When self-worth is experienced as conditional or denied altogether, a "lost-worth" story may result—that story can keep them from acknowledging their worth. The denial may include generational abusive and/or intrusive injunctions that contradict their lived truth. Additional aspects of a lost-worth story include competing values within the client's systems (e.g., family, community) that conflict with their inherent values. The psychotherapist will learn to attend to the degree of trauma experienced when the client's self-worth is separated from their individual truth. Moreover, where there is worth-based psychological pain, the psychotherapist will learn models for helping the client to gently and honestly reestablish a worthy and true sense of self while consciously guiding them toward the recovery of their self-worth as a birthright.

Co-Authors: Dawna Daigneault EdS and Chris Brown PhD

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PROMOTING WELL-BEING WITH WORTH-CONSCIOUS THEORY

Any level of denied self-worth is a hidden driver of psychological suffering—Understanding Self-Worth introduces Worth-Conscious Theory, a framework that helps therapists recognize, treat, and guide clients toward reclaiming self-worth as a birthright.

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