Compassion Focused Therapy

Introduction to Compassion Focused Therapy for Shame and Self-Critical Difficulties

Professor Paul Gilbert OBE

Dates: 15, 16 and 17 April 2013

Workshop Description

This workshop will introduce participants to the basic ideas and interventions used in Compassion Focused Therapy (CFT). CFT was originally developed for and with people with high shame and self-criticism. These individuals often come from difficult backgrounds where there were low levels of affiliation and affection. This is problematic because from infancy onwards attachment and affiliative experiences play a major role in brain development and regulation of threat-based emotion. Indeed, individuals from these backgrounds can find experiencing positive, affiliative emotions (accepting compassion and being self compassionate) difficult. This workshop explores the role of the evolution of mammalian attachment and affiliation in threat regulation with a focus on the complexity of threat processing systems and its regulation through affiliative processing.

What we will learn

Participants will learn the evolutionary model, the nature of our three basic emotions regulation systems and how to apply it to case formulation. There will be a focus on the forms and functions of shame and self-criticism and how to treat them by developing self and other directed compassion. CFT aims to develop care and affiliative-focused motivation, attention, emotion behaviour and thinking. Key skills include the use of compassion focused imagery, building the compassionate self and using the sense of a compassionate self to engage with areas of personal difficulty. Key skills include use of the breath and body postures, the use and practice of compassion focused imagery, building the compassionate self and using the sense of a compassionate self to engage with areas of personal difficulty. The workshop will use a range of PowerPoint and DVD presentations and some limited personal practice.

About Professor Gilbert

Paul Gilbert is Professor of Clinical Psychology at the University of Derby and Director of the Mental Health Research Unit, Derbyshire Healthcare NHS Foundation Trust. He is a Fellow of the British Psychological Society and has written, taught and researched extensively in the areas of mood disorders and shame. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He was awarded the OBE for contributions to mental health in March 2011.
Target audience:
All those who are engaged in therapeutic interactions with more complex clients and have basic therapeutic skills. Clinical: Beginner; Intermediate

Learning Objectives:
Participants will be able to:
1. Explain how evolutionary concepts can be used to help us understand psychopathology and psychotherapy processes
2. Distinguish different types of positive emotions (e.g. activating versus soothing emotional experiences)
3. Describe the importance of the attachment system and its link to the experience of vulnerability
4. Explain the complexities of threat processing, and our “multiple selves”
5. Distinguish internal shame from external shame, and guilt
6. Discriminate the two psychologies of compassion; engagement and alleviation
7. Work in the affiliative soothing system by utilising compassion focused imagery and process
8. Utilize compassion focusing in different types of therapy.

Some resources:

Early bird workshop fee £345
(before 31 January 2013)

Full workshop fee £405
*Including refreshments and lunch each day