

Compassion Focused Therapy

Presented by Professor Paul Gilbert

2nd July 2019

Compassion is one of the most important declarations of strength and courage known to humanity. It is difficult and powerful, infectious and influential. It is a universally recognised motivation with the ability to change the world.

We are delighted to welcome Paul Gilbert who will be sharing information about how Compassion Focused Therapy can be used in supporting families caring for children who have experienced developmental and relational trauma.

Compassion Focused Therapy (CFT) is a system of psychotherapy developed by **Paul Gilbert** that integrates techniques from cognitive behavioural therapy with concepts from evolutionary psychology, social psychology, developmental psychology, Buddhist psychology and neuroscience. One of its key concerns is to use compassionate mind training to help people develop and work with experiences of inner warmth, safeness and soothing, via compassion and self-compassion. Compassionate mind training helps transform problematic patterns of cognition and emotion related to anxiety, anger, shame and self-criticism.

Compassion Focused Therapy is especially appropriate for people who have high levels of shame and self-criticism and who have difficulty in feeling warmth toward, and being kind to, themselves or others. Such problems of shame and self-criticism are often rooted in a history of abuse, bullying, neglect, and/or lack of affection in the family. CFT can help such people learn to feel a greater sense of warmth and safety in their interactions with others and themselves.

About the Speaker

Paul Gilbert, PhD, FBPSS, OBE is Professor of Clinical Psychology at the University of Derby and is a Visiting Professor at The University of Queensland, Australia. He has researched evolutionary approaches to psychopathology for over 40 years with a special focus on shame and the treatment of shame-based difficulties. He is a Fellow of the British Psychological Society and in 2003 was president of the BABCP and a member of the first British Government's NICE guidelines for depression. He has written/edited 22 books and over 300 publications. In 2006 he established the Compassionate Mind Foundation
www.compassionatemind.co.uk

Time: 10.00am – 4.00pm

Venue: The Sculpture Gallery, Woburn Abbey, Woburn, Bedfordshire, MK17 9WA

Price: £140 + VAT - Lunch and refreshments are included

Booking: To book your place please visit our website www.adoptionplus.co.uk or email alice.hollingdale@adoptionplus.co.uk or call 01908 218251



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