



**CCARE, Center for Compassion and Altruism,
Research and Education, Stanford University**
&
Palo Alto University

**Are proud to present: A two day clinical training workshop for psychotherapists
(Includes 13 hours of Continuing Education Units for licensed Clinical Psychologists!)**

Introduction to Compassion Focused Therapy

Led by Professor Paul Gilbert, CFT's creator

Oct. 24th, 9:00-18:00, 25th, 2014 09:00 – 17:00

Prof. Gilbert was the 2003 president of the British Association for Cognitive Behavioral Psychotherapy. He is the head of the Mental Health Research Unit as well as Professor of Clinical Psychology at the University of Derby, England. He is the founder and creator of Compassion Focused Therapy. He has published and edited 21 books, and well over 200 academic papers and book chapters.

It is well-known that shame and self-criticism can be difficult problems to treat in a range of psychological problems and may even prevent people from seeking help. CFT was specifically developed with and for individuals with these difficulties in part by helping them develop a compassionate orientation to themselves and others, by elaborating on cognitive behavioral strategies. CFT is an evolutionary and neuroscience-based approach to psychotherapy that articulates how the evolution of affiliative emotion regulates threat-processing and self identities. CFT integrates evidence-based therapies with the basic insight that the emotions activated during change processes are as important as processes themselves. CFT has a growing empirical evidence to support its efficacy in a broad range of complex cases, including trauma and rigid personality structures. The workshop will cover the basic concepts of CFT with PowerPoint presentations and video displays. In addition it will guide participants through some experiential practices with the use of imagery, behavioural and imagery practices. By the end of the workshop participants will have:

- An overview of the evolutionary model that underpins CFT
- Insight into the three types of affect regulation system (threat, drive and soothing)
- Insight into the complexities and conflicts within the threat system processing including the multiples selves methods, supporting capacities to make contact with the compassionate self.
- Insight into the role of attachment and affiliative mechanisms in affect change
- Insight into the CFT model of compassion which is based on two different psychologies: 1) Capacities for engagement with suffering and 2) Acquiring the wisdom and abilities to alleviate and prevent suffering.
- Some experiences of core CFT exercises that will include
- Soothing breathing rhythm and body focusing
- Development of the applied concept of compassionate self
- Development of compassionate imagery
- Using the compassionate self to engage threat system processing

Registration can be done via CCARE's website, at the Center for Compassion and Altruism, Research and Education at Stanford University: <http://ccare.stanford.edu/>

Palo Alto University is approved by the American Psychological Association to sponsor continuing education for psychologists. Palo Alto University maintains responsibility for this program and its content.