

CFT Essentials (Compassion Focused Therapy)

An exposition on Compassion Focused Therapy, in a way that enables and encourages delegates to use it in their practice.

A 3-day course for 6-15 people.

Executive Summary:

Compassion Focused Therapy provides an important new perspective on the therapeutic process. Of course therapists endeavour to be compassionate towards their patients, but compassion focused therapy is more about teaching patients to be compassionate towards themselves. This involves the therapist understanding the tug of war that takes place between the different systems and sections of the brain; understanding that everybody has competing fears, fantasies, ambitions, rules for how they should be, and so on. Such an understanding of what takes place in the brain enables people to take a more compassionate view of how they think, feel and behave as different times, and to move forward to overcome specific problems, whether these problems are of depression, anxiety, irritability, impulsiveness, or any other.

Therefore what this course does is threefold: (A) it teaches the understanding of what happens in the brain, so that people can treat themselves with more constructive compassion, (B) it highlights techniques that therapists may already be familiar with, which chime with compassion focused thinking, and (C) it teaches further techniques the therapist can use to be in line with this approach.

Who should attend:

People who attend this course normally fall into one of two categories:

1. Professionals who see patients in 1:1 treatment settings, have a significant degree of clinical skill, and wish to add CFT techniques to their repertoire.
2. 'Whole teams' (either in inpatient or community settings) seeking to develop a common approach.

The professional affiliations of people attending this course should include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, probation officers and others working in a variety of settings including: Adult Mental Health, Children and Adolescents, Older People, Substance Misuse, and Forensic.

On the course you will cover a great deal:

The evolution of the brain: the old brain and the new brain, and their respective functions and interplay.

The three emotion regulation systems: Threat and protection; Drive and excitement; and Contentment, soothing and social safeness. What they are and how they interact.

Balancing the systems, and focusing on the social safeness/soothing system.

Achieving clarity on what compassion is. Caring, Sensitivity, Sympathy, being able to tolerate one's own Distress, Empathy, being non-judgmental.

The skills of compassion: the ability to show warmth, kindness and support in a range of situations.

Compassionate attention, Compassionate reasoning, Compassionate behaviour, Compassionate imagery, and Compassionate feeling.

The importance of self-compassion: teaching clients to be compassionate.

Fear of compassion. Why some clients can be fearful of compassion, how this limits their behaviour to others, and how it affects themselves.

How therapy can – and maybe should - stimulate feelings of safeness, warmth and connectedness that have a direct soothing effect on the threat protection system.

What this course will do for you:

1. You will have the feeling of knowing what compassion - and compassion focused therapy - are all about, and understanding them.
2. You will be able to work in a straightforwardly compassionate way: in a way that will stimulate feelings of safeness, warmth and connectedness in patients.
3. You will feel - and be - more compassionate towards yourself.
4. You will feel more compassionate to other people - to understand and feel for the struggles - and successes - they have.
5. You will know how to instantly make what you already do more compassionate.
6. You will understand how people - including yourself - can be 'your own worst enemy'. And your own best friend.
7. You will be able to 'see things' in terms of the three emotion-regulation systems, and be soothed and excited by doing so.

To discuss or place an order call **0116 241 8331** or email office@apt.ac

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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