



Professor Paul Gilbert OBE.
University of Derby, UK
 EABCT's First Global Ambassador

will be presenting a virtual interactive workshop
“Introduction to compassion focused therapy (CFT)”
 on
Monday 4th December 10:00AM– 1:15 PM CET.

Who is the workshop aimed at:

This workshop is for people who are interested in learning about the origins and nature of CFT and how it might be applied to mental health problems.

Scientific background:

CFT is rooted in an evolution informed, biopsychosocial approach to understanding basic mental functions of: motives, emotions, competencies, and behaviours. For example, competitive self-focused motives can underpin a variety of mental health difficulties, including harsh self-criticism, shame, loneliness, social anxiety depression and narcissism. In addition, low or poor caring and compassion motives can undermine mental health and moral behaviour while their development tend to facilitate prosocial behaviour and well-being. CFT helps clients to harness the psychophysiological processes of the care motivational system as a framework for the therapeutic processes. CFT utilises interventions from all the major schools of psychotherapy Hence, this workshop introduces participants to some of the basic processes of compassion and how to use them therapeutically.

We will explore:

The basic conceptual framework of CFT in terms of basic motives, emotional regulation systems cognitive competencies and behaviours

The link between the evolution of caring behaviour particularly but not only via attachment and the cultivation of a compassionate mind

Some practises for the development of a compassionate mind and self-identity

Applying CFT principles to mental health difficulties.

Workshop process

The workshop will be divided into two sections. In the first 90 minutes we will cover the basic model. In the pot break 90 minutes we will look at some of the typical compassion practises and participants will have an opportunity to try these practises out for themselves.

Leaning Outcome

Insight into the nature of compassion focused therapy

Awareness of the value of an evolution and biopsychosocial based models

The link between compassion and the evolution of attachment

The distinction between compassion focused therapy and compassionate mind training

Basic compassionate mind training exercises

Paul Gilbert, FBPoS, PhD, OBE is Professor of Clinical Psychology at the University of Derby and honorary visiting Prof at the University of Queensland. Until his retirement from the NHS in 2016 he was Consultant Clinical Psychologist for over 40 years. He has researched evolutionary approaches to psychopathology with a special focus on mood, shame, and self-criticism in various mental health difficulties for which Compassion Focused Therapy was developed. He was made a Fellow of the British Psychological Society in 1993, president of the BABCP 2002-2004, and was a member of the first British Governments' NICE guidelines for depression. He has written/edited 23 books and over 300 papers and book chapters. In 2006 he established the Compassionate Mind Foundation as an international charity with the mission statement to promote wellbeing through the scientific understanding and application of compassion. In 2011 he was awarded an OBE for his services to mental health

Gilbert, P & Simos ,G.. (2022 eds). Compassion Focused Therapy: Clinical practice and applications (chap 6). London. Routledge.

Gilbert, P. (2019). Psychotherapy for the 21st century: An integrative, evolutionary, contextual, biopsychosocial approach. Psychology and Psychotherapy: Theory, Research and Practice. 92, 164-189. DOI: 10.1111/papt.12226

Gilbert, P. (2020). Compassion: From its evolution to a psychotherapy. Frontiers in psychology 11, doi:10.3389/fpsyg.2020.58616