

Per-Conference Workshop

Exploring Clinical Skills in Compassion Focused Therapy

Prof Paul Gilbert OBE

Outlines

Compassion focused therapy (CFT) is an integrative, evolution informed, biopsychosocial and brain state approach to mental health difficulties and therapy. This workshop is for people with some previous knowledge however, it will outline the background key themes and science of CFT in terms of 1. The three challenge of life (protecting, acquiring and resting) and 2. The four functions of mind: motives, emotions, cognitions, and behaviours. Having outlined the basic model we will explore the skills related to therapy development and how compassion helps us with the three challenges of life and is expressed through the four basic functions of mind. We will consider techniques for mapping different brain states as multi component experiential states and, how compassion itself is a multi-component process. Participants will explore the relationship of compassion to attachment theory and how concepts of proximity seeking, secure base and safe haven are linked to care and compassion motivations and are recruited in the therapeutic process. We will explore how compassionate mind training is a multi-component approach to generating compassionate brain states and how compassionate brain states can organise the functions of mind and interact with mental states that cause suffering.

Relevance to therapeutic practice and integration

CFT incorporates interventions from different approaches but in particular the cognitive behavioural schools with a focus on Socratic explorations, guided discovery, behavioural experiments, cultivation and practice of compassion, and psychoeducation.

Core philosophy and approach

CFT seek to be a de-pathologizing and de-shaming approach to mental health difficulties. It focuses on people's individual adjustments to difficult life circumstances and backgrounds. Compassion is a trans-diagnostic and transcultural concept although compassion can have slightly different meanings in different cultures. The cultivation of a moral and prosocial value system is key to CFT.

Brief summary of evidence base

CFT has been subjected to many studies, including RCTs in clinical and non-clinical populations. A major meta-analysis of CFT involved 47 controlled trials from the last 14 years from 7,875 participants from 17 countries.

Petrocchi, N., Ottaviani, C., Cheli, S., Matos, M., Baldi, B., Basran, J.K, & Gilbert, P. (2023). The impact of Compassion-Focused Therapy on positive and negative mental health outcomes: Results of a series of meta-analyses

Results: Even after the exclusion of extreme outliers, CFT was effective in reducing overall negative mental health outcomes ($k= 32$, $g=0.72$, $p,.0001$), depression ($k =23$, $g=0.49$, $p,.0001$), self-criticism ($k= 17$, $g= 0.40$, $p,.0001$) and in improving compassion for self and others ($k= 24$, $g= 0.51$, $p,.0001$).

Aims/Objectives/Learning outcomes

The aim of this workshop is to give participants a general overview of the basic theory and principles of CFT, offer opportunities to explore clinical skills, and develop practices that can be utilised within the therapy and for self-development.

Prof Paul Gilbert OBE

Paul Gilbert, FBPsS, 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 400 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.*

Zum Workshop

Datum, Zeit	Mittwoch, 04. September 2024 09:00 – 17:30 (inkl. Pausen und Mittagessen)
Ort	ZHAW, Campus Toni-Areal, Pfingstweidstrasse 96, 8005 Zürich
Organisatorisches	Registration ab 08:00 Anmeldung via Kongress-Website (QR Code im Header)

The Workshop will be held in English