This workshop will introduce participants to the basic ideas and interventions used in Compassion Focused Therapy (CFT). CFT was originally developed with people with high shame and self-criticism. These individuals often come from difficult backgrounds where there are low levels of affiliation and affection. This is problematic because from infancy onwards attachment and affiliative experiences play a major role in brain development and regulation of threat-based emotion. Indeed, individuals from these backgrounds can find experiencing positive, affiliative emotions (accepting compassion and being self-compassionate) difficult. This workshop will explore the role of the evolution of mammalian attachment and affiliation in threat regulation with a focus on the complexity of threat processing systems and its regulation through affiliative processing.

Participants will learn to focus on the forms and functions of shame and self-criticism and how to treat them by developing self and other directed compassion. CFT aims to develop care and affiliative-focused motivation, attention, emotion behaviour and thinking. Key skills include the use of compassion focused imagery, building the compassionate self and using the sense of a compassionate self to engage with areas of personal difficulty. The workshop will use a range of PowerPoint presentations, DVD presentations and some limited personal practice.

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**Paul Gilbert** is Professor of Clinical Psychology at the University of Derby and Head of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust. He is a Fellow of the British Psychological Society and has written, taught and researched extensively in the areas of mood disorders and shame. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He has published over 150 academic papers and 20 books. He is a series editor for the “Compassion Mind Approaches to various psychological difficulties. He set up the charity The Compassion Mind foundation in 2006 ([www.compassionatemind.co.uk](http://www.compassionatemind.co.uk)) and was awarded an OBE in March 2011.

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The workshop is suitable for all those who are engaged in therapeutic interactions with clients.
It will contribute six hours Continuing Professional Development.

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**21st Nov 2014, 9.30 am – 4.30 pm**
Keyworth Conference Centre
London South Bank University
Keyworth Street
SE1 6NG

Prices including lunch & refreshments & all course materials
Until 21st Oct 2014 - £120 plus vat
From 21st Oct 2014 - £135 plus vat

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[www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)

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