



Compassion Focused Therapy (CFT) Enhancing Your Clinical Approach

Learning and helping to replace blame, condemnation and self-criticism.

CFT was developed for mental-health issues linked to shame and self-criticism, and for work with those who often come from difficult (eg. neglectful or abusive) backgrounds (Gilbert). The focus is not the content of the client's problems but the affect and attitude the client takes towards themselves in their suffering. The absence or presence of self-compassion has potential to amplify pain or soothe emotional pain, respectively. Kindly & non-judgmentally relating to oneself & one's emotional experiences is a worthwhile therapeutic target (Germer & Neff, 2013).

- Emotions of contentment and safeness are more strongly associated with lower depression, anxiety and stress, than are positive emotions of excitement or feeling energized (Gilbert, 2008). Therefore, the caregiver's ability to foster feelings of affiliation for a client and for the client toward themselves is likely to result in greater symptom relief than mere goal achievement.
- The therapist embodying mindfulness and self-compassion practices and whilst simultaneously working with the client on these practices encapsulates the effectiveness of CFT.

CFT integrates concepts from evolutionary, social, developmental and Buddhist psychologies with modern neuroscience to artfully show that feeling cared for, accepted, soothed, and having a sense of belonging, and affiliation with self and others, is fundamental to our physiological and psychological well-being. The workshop draws from the work of Prof Paul Gilbert (creator of CFT), and Dennis Tirsch (founder of The Centre of Compassion Focused Therapy).

The aim of the workshop is to help participants explore how imbalanced use of the three main human emotion-regulation systems described by CFT can underlie many mental health presentations. Fostering an internal compassionate relationship with one's self can alleviate some of these experiences and encourage continued growth and movement toward wellness, in our own lives, and those of our clients.

Shame and self-criticism are trans-diagnostic issues and the CFT approach understands that in the presence of these issues, individuals may find it difficult to generate feelings of contentment, warmth or safeness in their own skin but also in relationship to others. CFT will be demonstrated as a therapeutic approach to address this common hindrance to treatment and recovery.

Learning objectives of this training:

1. Use the three major human emotion-regulation systems to formulate and understand patient difficulties
2. Activate the affiliate focused, soothing/safeness/well-being system to develop self-compassion
3. Learn and practice methods to foster a real time felt experience of self-compassion
4. Use experiential exercises of mindfulness and self-compassion to address issues of shame and disconnection
5. Learn how to develop an observing witness level of awareness to release the threat response system
6. Reconceptualise treatment resistance and develop ways to help clients engage more fully with positive therapeutic interventions



Kate Mutimer is a psychologist with 20 years experience working with individuals and groups in community health and organisational settings. Kate is a meditation and compassion teacher and a trained Mindful Self-Compassion (MSC) teacher. She has specialist knowledge and extensive experience in practicing psychotherapy and facilitating change. Kate's clinical background includes clinical assessment and treatment of depression, anxiety and personality disorders, adolescent and family counseling, working with issues of sexuality, relationships and identity. Kate has also spent time lecturing at QUT and Griffith University in Change Management, group facilitation, applied counseling psychology and family studies. Currently, Kate Works in private practice and within workplace wellbeing initiatives, providing a broad range of mental health, stress management and other lifestyle solutions. Kate is registered as a generalist Psychologist with AHPRA. She is also a full member of the Australian Psychological Society.

This training may qualify for Focused Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

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Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points for this event.

A certificate of attendance for 6 hours of face-to-face training is issued to all participants.

Morning Session

Includes a short morning tea break.

Background and Intro to CFT
Understanding the 3 models
Practicing case formulation using CFT
Warming up to Self-Compassion
Authentic Relating Exercise
Practicing Self-compassion and removing blocks

Afternoon Session

Includes a short afternoon tea break.

Compassionate self vs your self-critic
Stepping out of the Threat System
Developing the observing mind and mentalising
Addressing Shame and Disconnection with Self-Compassion
Evaluation and Closing

“Compassion is the acknowledgement that not all pain can be ‘fixed’ or ‘solved’ but all suffering is made more approachable in a landscape of compassion... Compassion is a multi-textured response to pain, sorrow and anguish. It includes kindness, empathy, generosity and acceptance. The strands of courage, tolerance, and equanimity are equally woven into the cloth of compassion. Above all compassion is the capacity to open to the reality of suffering and to aspire to healing. (Feldman & Kuyken, 2011)”.

How will you benefit from attending this training?

- Compassion is a powerful emotion and source of energy that can seed change through a deeper connection to self and others, a sense of common humanity, and the motivation toward courageous exploration and kindness.
- The compassion-focused interventions learnt in the workshop can facilitate the maturation of emotional regulations systems in clients, which are key for experiences of happiness and contentment.
- The workshop will assist provide direct experience of the constructs of mindfulness, self-kindness, and the sense of common humanity that are foundations of a compassion-focused practice

Booking process:

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

We include:

- Presenter travel and accommodation costs.
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Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This practical training is suitable for all clinicians working in any healthcare setting in direct patient contact, especially psychologists, counsellors, school counsellors, psychiatrists, mental health nurses, GPs, GP registrars, practice nurses, and other allied health practitioners.

Feedback form Kate’s recent presentations of CFT training:

“Kate brings a warmth and wisdom to facilitation, expertly guiding participants, while providing a safe and supportive space in which to learn and grow in their own authentic ways.”

“Thank you Kate, this workshop has been transformational.”

“Kate’s subject matter knowledge and insight into process were outstanding and have inspired me to go further into this work.”

“Enjoyable and valuable time spent. Thank you!”