



Compassion Focused Therapy (CFT) as a Clinical Approach

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

Why is self-compassion so important?

- Lack of self compassion has been regarded as particularly toxic and pathological (Hayes, 2008).
- Kindly & non-judgmentally relating to oneself & one's emotional experiences is a worthwhile therapeutic target (Germer & Neff, 2013).
- Individuals with high levels of shame & self-criticism have enormous difficulty being kind to themselves (Gilbert, 2009).

"If you want to be happy-focus on compassion"
(Dalai Lama 1995, 2001).

This workshop will draw from the work of Paul Gilbert, founder of Compassion Focused Therapy (CFT), and Dennis Turch, founder of The Centre for Compassion Focused Therapy. The healing properties of compassion have been written about for centuries, including the Dalai Lama who connects compassion with happiness. CFT is an integrated and multimodal approach that draws from evolutionary, social, developmental and Buddhist psychology, and neuroscience.



Kate Mutimer is a psychologist with 20 years experience working with individuals and groups in community health and organisational settings. 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 counselling, working with body issues and eating disorders. Kate has also spent time lecturing at QUT and Griffith University in Change Management, group facilitation, applied counselling 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.

MELBOURNE: 30th May 2019
MANTRA ON RUSSELL

SYDNEY: 30th November 2019
UTS SHORT COURSE ROOMS

BRISBANE: 18th October 2019
PARK REGIS NORTH QUAY

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 7 hours of face-to-face training is issued in the week following attendance at this event.

Morning Session

Includes a short morning tea break.

How did CFT evolve?

Understanding the social creation of the self-evolutionary process.

Reviewing the threat response and the triggers to emotions.

Why is self-compassion important.

Practicing the art of self-compassion.

Afternoon Session

Includes a short afternoon tea break.

Practicing experiential exercises to get in touch with your compassionate self V's your critical self.

Stepping out of the threat response loop into awareness of awareness.

Shame and self-criticism, exploring self-compassion.

Evaluation and closing.

"Compassion Focussed Therapy was designed for people who suffer from high levels of shame and self-criticism because developing compassion for ourselves and for others is one of the biggest antidotes to shame.....The benefits of how to cultivate our compassionate selves, which will improve not only our own well-being but also how we relate to others and how we create the societies we live in, is now increasingly backed up by research" (Paul Gilbert 2014)

How will you benefit from attending this training?

- Compassion is a powerful anti-dote to human suffering, it will assist you to bring together theory, science and application.
- The workshop will assist you to weave together a deeper sense of connection with your clients, yourself and others.
- You will learn that Compassion Focused Therapy means more than being kind and will assist you to better understand the essential experiential constructs, of mindfulness, self-kindness and a sense of common humanity.

Registration details:

Standard registration: **\$288**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

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