



# Compassion Focused Therapy(CFT) for Mental Health Clinicians

**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 Tirch, 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.

The aim of the workshop is to help you develop an internal compassionate relationship with yourself to replace the blaming, condemning and self-critical one and be able to explore this further with your clients.

Shame and self-criticism are trans-diagnostic problems. A key element of CFT is related to the observation of individuals prone to high levels of shame and self-criticism. These individuals can find it very difficult to generate feelings of contentment, safeness or warmth in their relationships with others and themselves.

### Learning objectives of this training:

1. Understand the social creation of the self-evolutionary process
2. Review the threat response and the triggers to emotions
3. Practice the art of self-compassion
4. Use experiential exercises to get in touch with your compassionate self versus your critical self
5. Learn how to step out of the threat response loop into awareness of awareness



Mary Sawyer is a psychologist and one of the most experienced and foremost ACT therapist and trainer in Australia. She has engaged in over 100 hours of professional development with expert ACT clinicians around the world and has trained with leading ACT researchers and clinicians. Mary has also trained with the founder of CFT, Paul Gilbert and his colleague Dennis Tirch. With such broad experience as an ACT and CFT therapist, Mary uses ACT and CFT working with a variety of psychological presentations such as; depression and anxiety, grief and loss, post traumatic stress disorder, all addictions, adult survivors of sexual abuse and relationship, separation and divorce issues. Mary regularly presents at national and international ACT conferences and provides clinical supervision for psychologists and other mental health care workers. She has been accepted by the Association of Contextual Behavioural Science (ACBS) as peer-reviewed ACT trainer and has facilitated ACT workshops around Australia. Mary is committed to enhancing ACT and CFT clinical skills and is based in Sydney Australia.

**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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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 3 active hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

## Morning Session

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

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

### Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**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.**

### Feedback for Mary's recent training presentations:

*"A really interesting and engaging intro to ACT. Mary is a thorough and thoughtful presenter. Very aware of our needs and willingness to engage. Excellent."*

*"It was great to start this journey which has value to me as a person and counsellor."*

*"Thank you Mary for being so approachable and for sharing so generously with your skills and experiences."*

*"A really terrific, elucidating workshop. Thankyou. I learned valuable techniques."*

*"My expectations were exceeded and my anxieties about the experiential nature were easily overcome in a very relaxed and accepting atmosphere."*

*"Enjoyed the workshop. Was interesting and engaging. Thought it was very beneficial for my professional development."*

*"Such a wonderful workshop – thank you Mary! I got so much out of it at a personal and professional level. It was a transformational experience for me as a therapist. Very grateful."*

*"Mary, not only ran a great course but she facilitated a group that bonded very well – a very warm and collegial group"*

*"Mary paced the course extremely well and gave space and time to explore the concepts."*