Course: compassion focused therapy : a complete guide for clinicians

Address: https://asadis.net/en/course/understanding-compassion-focused-therapy-cft/

Duration: 4h

Type of course: Continuing education

Location: Online course

Individual price: $144.00

Overview:
Shame, guilt and self-criticism are known to play major roles in the development and maintenance of psychological distress. As mental health professionals, we often struggle with our clients when they have difficulty addressing their feelings.

Unfortunately, our brains - both old and new, including the social brain - have their own motives, emotions and competencies, making emotional regulation even more challenging for our clients.

To address these issues, Dr. Goss offers to enlighten us on these topics by explaining how evolution has shaped our minds and emotions, and why they are so tricky to manage. In this detailed workshop, he will introduce the Compassion-Focused Therapy (CFT) and its potential to support clients with a high degree of self-criticism and shame.

More specifically, Dr. Goss will share the CFT formulation model: its philosophy, principles, and practical techniques. He will also detail the different systems and processes involved in the regulation of emotions and how they impact psychological well-being. By the end of the workshop, you will have all the keys to understand the specific approach of CFT and see how its model can be adapted to a range of disorders such as depression, anxiety, Eating Disorders/Distress, Personality Disorders, Post-Traumatic Stress Disorder (PTSD), and Obsessive-Compulsive Disorders (OCD).

This training will cover:

• The role of evolution in the shape of our minds and emotions
• Why we have complex brains and why they are difficult to understand and regulate
• The interactions between the old and new brain
• What is compassion focused therapy?
• The competencies of compassion: engagement and alleviation of suffering
• The three specific affect regulation systems: the threat detection and protection system, the drive system and the soothing system
• Personal reflections on how emotions affect the body, thoughts, and behavior
• The acquisition of threat reactions and safety strategies
• Why is the threat system complex?
• Key emotions in psychological distress: shame, guilt, and self-criticism
• An overview of CFT treatment

By integrating CFT into our therapeutic practices, Dr. Goss aims to provide comprehensive support that nurtures a deeper understanding and healing process for our clients in psychological distress. Following this workshop, another training session will delve deeper into Eating disorders and Eating Distress. During this session, you will explore the CFT for Eating Disorders (CFT-E) model and its application in each phase to support our clients in their path to healing.

Learning objectives:

1. Understand the CFT approach to making sense of our tricky minds
2. Understand the role of shame and self-criticism in the development and maintenance of psychological distress
3. Understand the role that compassion can play in helping us to engage with and alleviate distress
4. Deliver CFT

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The expert

Dr Ken Goss, psychologist, is a Consultant Clinical Psychologist with over 30 years of experience working with people with eating difficulties. He has published numerous academic papers and book chapters on the role of shame and compassion in eating disorders.

He leads an ongoing research program exploring these issues and their relationship with therapeutic practice and outcomes. He was the Course Director of the Birmingham University Post Graduate Diploma training course in Compassion Focused Therapy (CFT). He has worked closely with Professor Paul Gilbert, the originator of Compassion Focused Therapy and pioneered the use of Compassion Focused Therapy for Eating Disorders (CFT-E).

He is the author of the first book on CFT for disordered eating, “The Compassionate Mind-Guide to Ending Overeating” (New Harbinger Publications, 2011), currently under evaluation for its clinical efficacy as a guided self-help program.

Syllabus

PowerPoint
Introduction
Understanding Compassion
Compassion and Cruelty
Compassion Begins with a Reality Check
The Basic Philosophy of Compassion Therapy
Evolution of the Mind
Overview of the Evolution
Old and New Brain
Clinical Reflections 1 & 2
Interactions Between the Old and New Brain
Approching Compassion Therapy
Compassion Focused Approach - A Social Mentality
Compassionate Mind
Understanding our Motives and Emotions
The Emotional Landscape
The Anger System
The Anxiety System
The Disgust System
The Drive System
The Soothing System
Mind Mechanics
Basic Design our Mind
Safety Strategies
Menu of Defensive
Threat Processing
Navigating Shame and Guilt
Shame- The Dark Shadow of the Mind
Making sense of shame
Guilt- A Pro-Social Emotion
Self-Reflection and Care
Self-Criticism
Fear of Giving up Self-Criticism
Caring Minds
Cultivating Safety and Solutions

Building Capacity for Safeness
Compassion Solutions to our Tricky Minds and Brain
Deep Dive into Therapy
What is Compassion Focused Therapy
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*