



PSYCHOLOGY
CONSULTANTS

Compassion Focussed Therapy

1-2 DAY CFT WORKSHOPS WITH DR STAN STEINDL

TOPIC: Introducing Compassion Focused Therapy: Theory, Practice and Direct Clinical Applications

OVERVIEW OF PROPOSED CPD ACTIVITY:

This one or two day workshop is designed as an introduction for therapists who have an interest in learning about compassion focused therapy (CFT). In particular, the workshop will cover the core evolutionary model underpinning CFT, the way in which old motivation and emotional systems interact with newly evolved cognitive competencies and intelligences, causing difficulty and complexity in the mind, and the role of the affiliative/soothing system in threat regulation. From this standpoint, the workshop will guide participants towards a discovery of the multi-component dimensions of compassion.

Participants will also hear about a range of CFT strategies that work to engage people's soothing and threat-regulation systems, including body and breath focusing, imagery and meditative practices, writing and behavioural work. Central to this approach is the role of compassion and the development and activation of the "compassionate self", and participants will learn how to incorporate these practices into their work to help clients engage with, soften and contain threat-based emotions, such as fear and anxiety, anger, sadness, self-criticism and shame.

ABOUT DR STAN STEINDL CLINICAL PSYCHOLOGIST



BA, PGDipPsych, MCLinPsych,
PhD, MAPS

CURRENT POSITIONS

Clinical Psychologist & Director
Psychology Consultants

Adjunct Associate Professor
School of Psychology
The University of Queensland

Co-Director UQ
Compassionate Mind Research
Group



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LEARNING OUTCOMES:

At the completion of this workshop, participants should be able to:

- Confidently describe the recent advances in the science of compassion, including a discussion of the evolutionary basis of compassion, the biological and neurological findings associated with compassion, and the hypothesised psychological benefits of compassion and self-compassion.
- Summarise the recent results of outcome research associated with compassion and self-compassion cultivation programs, especially compassion focused therapy, including their use and effectiveness with certain clinical populations.
- Demonstrate a depth of understanding of the evolutionary approach to emotion, behaviour and motivations in particular, and how that is presented from a compassion focused therapy perspective
- Demonstrate an understanding of the role of attachment in emotion regulation and the development of the compassionate self
- Identify the link between compassion and care-giving and receiving motivational systems
- Identify the “two psychologies” of compassion and its constituent elements or attributes
- Describe the range of skills that might be drawn upon in CFT in order to cultivate these attributes of a compassionate person
- Demonstrate and utilise practices that cultivate compassion and build a sense of the compassionate self.

WHO IS THE CFT WORKSHOP SUITABLE FOR?

This workshop is intended for clinicians in a variety of employment settings and practice areas, especially those working in clinical, counselling, health and community settings.

Specifically, the workshop will be of interest to those who wish to understand the recent developments in the science of compassion (including evolutionary science, neuroscience, psychological science) and the theory and practice of compassion focused therapy, and incorporate the practices of cultivating compassion and self-compassion into their work.

For Bookings Contact

Dr Stan Steindl
(07) 3395 8633
stan@psychologyconsultants.com.au

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@StanSteindl
psychologyconsultants.com.au