

**Compassion Focused Therapy for Depression & Anxiety**  
**with Dr Chris Irons**

**Compassion Focused Therapy PGDip, University of Birmingham**  
**21st February 2019**

In this workshop, participants will be introduced to the theory and model of Compassion Focused Therapy (CFT), and consider how this could be applied to understanding and working with depression..

In particular, participants will learn how to use the CFT model to:

- Formulate common presenting problems in depression and anxiety (using old brain/new brain and three emotion systems model)
- Cultivate different types of positive emotion to regulate distress
- Develop the 'compassionate self' to work with common aspects of anxiety and depression, such as avoidance, worry, rumination, self-criticism and shame
- Develop a variety of clinical skills and interventions to work with depression and anxiety from a CFT perspective.

Teaching methods

- Didactic teaching
- Group discussion
- Experiential practice
- Role play

**Who is this workshop suitable for:**

This workshop would be suitable for therapists who have an interest in, or are currently working with, depression and anxiety. It would be helpful if attendees have a working knowledge of the basic CFT model/approach.

**Suggested pre-course reading:**

- Gilbert, P. (2009). *The Compassionate Mind. A New Approach to the Challenges of Life*. London: Constable & Robinson.
- Gilbert, P. (2010). *Compassion Focused Therapy. Distinctive Features*. London: Routledge.
- Gilbert, P. (ed.). (2010). *Compassion Focused Therapy: Special Issue. International Journal of Cognitive Therapy*. 3, 97-201

## **Dr Chris Irons**

Dr Chris Irons is a Clinical Psychologist, academic, author and trainer in CFT. He is one of the founding board members of the Compassionate Mind Foundation, a charitable organisation aiming to: “Promote wellbeing through the scientific understanding and application of compassion”. Chris has been involved in supporting Professor Gilbert and other colleagues in the development of CFT, and is currently writing two CFT books. He regularly presents to national and international academic, professional and lay audiences on Compassion Focused Therapy and more broadly, the science and practice of compassion. He is interested in how compassion may improve individual well being, relationship satisfaction, and facilitate positive group and organisational change.