

Using Compassion Focused Therapy in Groups

with Professor Paul Gilbert OBE

Compassion Focused Therapy PGDip, University of Birmingham 6th and 7th June 2019

This workshop will give a brief outline of compassion focused therapy in groups. The first part of the workshop will offer an overview of some of the important issues of working with groups and the way they offer valuable opportunities for members to develop compassion for each other and mentalisation. It will reflect on the unfolding of a typical group, exploring issues of beginning, creating a secure base, psycho-education, building capacities with mindful compassion and applying them to core issues. Attention will be given to the complexities of working with complex cases.

There are a number of clinicians now working with group based CFT so the second part of the workshop will be interactive enabling people to share their experiences and innovations and learn for each other.

Objects participants will cover:

1. Basic processes of group therapy
2. How to use the group to develop compassionate interactions
3. How to develop and structure interventions
4. How to apply interventions

About Professor Gilbert

Paul Gilbert OBE is Professor of Clinical Psychology at the University of Derby and Head of the Mental Health Research Unit, Derbyshire Mental Health Services NHS Trust. He is a Fellow of the British Psychological Society and has written, taught and researched extensively in the areas of mood disorders and shame. He is a former President of the British Association for Behavioural and Cognitive Psychotherapists. He has published over 150 academic papers and 20 books. He is a series editor for the "Compassion Mind Approaches to various psychological difficulties. He set up the charity The Compassion Mind foundation in 2006 (www.compassionatemind.co.uk) and was awarded an OBE in March 2011.

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
- . London: Routledge.
- Gilbert, P. (ed.). (2010). *Compassion Focused Therapy: Special Issue. International Journal of Cognitive Therapy*. 3, 97-201