

## **Compassion Focused Therapy to work with children**

**With Mary Welford**

### **Compassion Focused Therapy PGDip, University of Birmingham**

Compassion-focused therapy was developed by Paul Gilbert as a means of addressing psychological difficulties underpinned by shame and self-criticism. The model draws on an array of important research fields such as social, neurophysiological, and evolutionary theory, attachment and developmental psychology to seek to understand ourselves and others.

It then assists individuals to mindfully tune into and develop compassion, thus activating our 'affiliative/soothing system' and balancing our affect regulating systems, particularly in response to threat.

In recent years there has been a growing evidence base for the approach. It has been adapted and tailored for those experiencing trauma, eating related difficulties, psychosis, physical health conditions and work related stress.

But why wait until adulthood? Why not use CFT with children and young people to prevent and alleviate problems sooner?

This workshop will introduce delegates to the key ways CFT can be adapted to assist children and their families. Five key aspects of CFT will be focused on and tangible exercises will be practiced to ensure delegates leave with 5 ways in which CFT can influence their practice and, maybe, their own lives too.