

Why wait till adulthood?
A Compassion Focused Approach to working with young people

With Dr Mary Welford

Compassion Focused Therapy PGDip, University of Birmingham
25th January 2018



This workshop will introduce delegates to the key ways CFT can be adapted to assist children & 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 &, maybe, their own lives too.

Compassion-focused therapy was developed by Paul Gilbert as a means of addressing psychological difficulties underpinned by shame & self-criticism. The model draws on an array of important research fields such as social, neurophysiological, and evolutionary theory, attachment & developmental psychology to seek to understand ourselves & others. It then assists individuals to mindfully tune into & develop compassion, thus activating our 'affiliative/soothing system' & 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 & tailored for those experiencing trauma, eating related difficulties, psychosis, physical health conditions & work related stress.

So why wait till adulthood? Why not use CFT with children & young people to prevent & alleviate problems sooner? ;)

Dr Mary Welford

Mary Welford is a Consultant Clinical Psychologist. She is was Chair of the Compassionate Mind Foundation and author of The Compassionate Mind Guide to Building Self Confidence and Compassion Focused Therapy for Dummies. Mary has developed a compassion in schools program and trains a range of individuals in Compassion Focused Therapy both in the UK and overseas.

Cost: This one day workshop is £130 per person

Location: Edgbaston Campus, University of Birmingham.

For any enquires about the workshops please email Umar Ahmed
(U.Ahmed.1@bham.ac.uk)

To book your place, please follow these instructions, dependent on your method of payment.

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To raise an invoice:

If you would like to raise an invoice (if your employer is paying for you attend this course, for example), please complete the attached **CPD Booking Form** and return it to Umar Ahmed (U.Ahmed.1@bham.ac.uk) so that an invoice may be raised. Please note that without a purchase order number or the paying company's VAT Registration Number, we shall be unable to raise an invoice.

References

Welford, M. & Langmead, K. (2015) Compassion-based initiatives in educational settings. *Educational & Child Psychology* Vol. 32 No. 1

The Compassionate Mind Guide to Building Self Confidence. Constable & Robinson.

Compassion Focused Therapy for Dummies (2015). Wiley