



MASSEY UNIVERSITY
CENTRE FOR PSYCHOLOGY



INSTITUTE
of
COUNSELLING
PSYCHOLOGY

Workshop : An introduction to compassion-focused therapy

Presenters: James Bennett-Levy
Tobyn Bell

Date: Tuesday 6 November 2018
9:00 – 4:30pm

Venue: Fairway Conference Centre
17a Silverfield, Takapuna, Auckland



Overview of the training

Compassion-focused therapy (CFT) is an integrative psychotherapy model that focuses on the cultivation and application of compassion for both self and others. CFT integrates cognitive-behavioural therapy techniques with evolutionary, developmental and social psychology; affective neuroscience; and Buddhist psychology. The approach was originally developed for clients with high-levels of self-criticism and shame and has a growing evidence-base for a variety of clinical disorders and presentations. Practicing compassion has been shown to have powerful effects on physiological, psychological and social processes, specifically in the regulation of threat-focused emotional experiences and the development of a caring orientation to suffering.



This workshop will introduce the core principles and practices of CFT which include an evolutionary functional analysis of emotions, a formulation of threat-based experiences and protective behaviours, the use of compassionate imagery to stimulate soothing and affiliation, and the development of the 'compassionate self'. Participants will be guided in experiential exercises with a focus on developing compassion for both themselves and their clients. The workshop will also provide participants with an opportunity to formulate and address self-criticism using CFT interventions.

The workshop is suitable for therapists from any theoretical background. The workshop will include interactive teaching, practical exercises, self-reflection and group discussions. No prior knowledge of CFT is required.

In this workshop participants will:

- Learn what compassion is (and isn't)
- Be able to apply an evolutionary functional analysis to emotions

- Be able to identify common fears, blocks and resistances to compassion
- Have an experience of key CFT exercises to train the mind in compassion
- Learn how to apply compassion to themselves and their clients, with a specific focus on self-criticism

About the presenters

James Bennett-Levy is Professor of Mental Health and Psychological Wellbeing at the University of Sydney's University Centre for Rural Health in Lismore. Over the past 20 years, he has developed and researched a self-experiential approach to therapist training known as self-practice/self-reflection (SP/SR). He is Series Editor for Guilford Press' SP/SR series which includes recent co-authored books: *Experiencing Compassion Focused Therapy from the Inside Out: A Self-practice/Self-reflection Workbook for Therapists* and *Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists*. Previous co-authored books include the *Oxford Guide to Imagery in Cognitive Therapy* (2011), and the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (2004).

Tobyn Bell is a psychotherapist specializing in Compassion-Focused Therapy in the UK. He is part of the training executive for the Compassionate Mind Foundation and is the co-author of the book: *Experiencing Compassion Focused Therapy from the Inside Out: A Self-practice/Self-reflection Workbook for Therapists* (Kolts, Bell, Bennett-Levy & Irons, 2018). Tobyn has published research on imagery, compassion and supervision, and delivers national and international training on compassion focused therapy, CBT, imagery and supervision. He is trainer, supervisor and programme-lead at the Greater Manchester West CBT Training Centre (NHS, UK), and also a trained mindfulness teacher and registered nurse.

Cost

\$250 for professionals

\$200 for Institute of Counselling Psychology members

\$200 Massey staff

\$125 for students (full time only)

Morning tea, lunch and afternoon tea is provided and included in the fee. Certificates of attendance are provided to all attendees who complete the workshop.

Numbers are limited and places will be allocated in order of receipt of registration.

How to Register

Please complete the [online registration form](#) for each attendee. [Secure credit card payment](#) can be made for one or multiple attendees or contact Helen for alternative payment options:

Helen McMaster, Centre for Psychology, Massey University,

Phone : 09 213-6095

Email : H.McMaster@massey.ac.nz

Cancellation Policy

If the workshop is cancelled due to lack of enrolments, a full refund will be given.

Refund requests received more than one week before the workshop will be refunded in full, requests received less than one week will incur a 50% charge.

No refunds will be made for non-attendance at the Workshop.