



# Compassion-focused therapy

## WEBINARS: Compassion-focused therapy with Paul Gilbert

**Date: Saturday 20 February & Saturday 27 February 2021**

**Time: 8.30am - 12.00pm each Saturday (both sessions will be recorded and available for viewing for the next 12 months)**

Compassion-focused therapy (CFT) brings an evolutionary framework to the conceptualisation of mental health and social problems and their alleviation. Human compassion is how we use our caring motivational systems to address emotional difficulties in ourselves and others using new brain intelligences.

You will cover/learn:

- the evolutionary basis of compassion and some of its physiological mediators
- the link between attachment and building the compassionate mind for clinical issues
- how to use the compassionate mind to address self-criticism and emotional regulation for clinical issues.

### *Presenter*



Paul Gilbert, PhD, FBPSS, OBE is Professor of Clinical Psychology at the University of Derby and is a Visiting Professor at The University of Queensland, Australia.

He obtained his PhD in clinical training in 1980. He was an NHS Consultant Clinical Psychologist at the Derbyshire Health Care Foundation Trust until his retirement in (1989-2016). He has researched evolutionary approaches to psychopathology for over 40 years with a special focus on shame and the treatment of shame-based difficulties - for which compassion focused therapy was developed. He was made a Fellow of the British Psychological Society in 1993 in recognition of his original research.

In 2003 Paul was president of the British Association of Behavioural and Cognitive Psychotherapy. He was an invited expert member for the first British Governments' NICE guidelines for depression. He has written/edited 23 books and over 300 publications.

In 2006 he established the [Compassionate Mind Foundation](#), a charity with the mission statement "to promote wellbeing through the scientific understanding and application of compassion". He was awarded an OBE in March 2011.

Prof Paul Gilbert PhD OBE will host these workshops.

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