

NORTH WEST WALES BRANCH

Turning a thought into feeling – Using Compassion Focussed Therapy to Enhance CBT

Presented by Dr Mary Welford

Friday 5th April 2019

Times: 9.30am to 5.00pm (registration from 9.00am)

Venue: Neuadd Reichel, Bangor University, Ffriddoedd Site, Ffriddoedd Road, Bangor, LL57 2TR

About the Workshop

CBT has proved to be of great benefit for a range of individuals. If such work produces a sustained improvement in an individual's wellbeing it can be viewed as the most compassionate approach to adopt and should be recommended. However, what happens when your client reports they can see the logic but do not feel any different; they know they are not to blame but still feel at fault; they know there is no danger but still feel as if something terrible will happen, despite all of yours and their best efforts.

In such cases should we do more of the same or try something different?

Compassion Focused Therapy was developed by Paul Gilbert as a way of addressing shame and self-criticism. The therapy aims to 'tone up' feelings of contentment, safeness and soothing in order to help regulate the drive and threat systems of the brain. This helps the individual bridge the gap between knowing something and feeling it. It is a standalone therapy, but aspects of the approach can be sprinkled in to other forms of therapy to 'warm it up' and allow cognitive work to 'sink in'.

This skills class will briefly review the theory and practice of CFT before looking at familiar CBT techniques and how they can be enhanced.

Objectives

- o To gain a brief introduction to Compassion Focused Therapy
- o To gain awareness of how CFT theory and practices can enhance CBT techniques

About the presenter

Mary Welford is a Consultant Clinical Psychologist based in the South West of England. Between 1998-2005 she held a number of positions for the BABCP and has been involved in a range of CBT trials whilst based in Manchester.

Mary is a founding member of the Compassionate Mind Foundation and was Chair for a 4-year term.

Mary authored of The Compassionate Mind Approach to Building Your Self Confidence in 2012 and Compassion Focused Therapy for Dummies in 2016.

Registration and general information

BABCP Member: £90 Non-Member: £100 Students: £80*

* Evidence of student status to be provided on application

Lunch and refreshments are included. A CPD certificate for 7 hours will be issued.

Closing date for registration is midday Thursday 28th March 2019