

BABCP Manchester Branch in conjunction with GMMH NHS Foundation Trust Psychological Therapies Training Centre **Compassion Focussed Therapy for Shame and Self Criticism** Presented by Dr Deborah Lee Friday 18 October 2019

Times: 9.30am to 4.30pm (Registration from 8.45am)

Venue: The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road,
Prestwich, Manchester, M25 3BL

Abstract

Compassion focused therapy was developed by Professor Paul Gilbert (2005,2009). It has its underpinnings in Social Mentality Theory (Gilbert,1989, 2000) which draws on extensive theoretical and scientific evidence to explain the nature of human functioning and distress. It is a therapy that has been developed to work with those who experience profound self-loathing and shame and argues that symptoms of psychopathologies can be usefully understood as functional threat-based safety strategies to the experience of shame. Thus, compassion focused therapy can be viewed as a transdiagnostic approach, as at the root of all major psychopathology is shame and its characteristic self-criticism.

CFT draws on principles of CBT to promote behavioral changes but the explicit goal is to develop, access and stimulate positive affect associated with self-soothing in the mind and body of the patient in order to promote an inner sense of psychological safeness (Gilbert, 2005). Characteristic self-criticism is not considered to be negative automatic thoughts to be challenged. It is thought of as relationship with the self that functions as safety strategy to avoid experiences of shame. Self-criticism is also seen to maintain and perpetuate states of shame and distress.

Some clients may struggle to alleviate their experiences of shame and self-loathing using CBT techniques, particularly if these states are chronic, entrenched and, are associated with an underdeveloped soothing system and self-compassion.

This workshop will discuss ways to interweave compassion focused theory and practices into CBT to enable those struggling with shame to benefit from their therapy, whilst still delivering CBT in evidenced based way.

Learning Objectives

- To learn how to develop compassionate resilience using CFT theory and practice.
- To learn how to interweave compassion into CBT practice

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- To learn ways to work directly with shame- based memories using the compassionate soothing system.
- To learn how to work with self- criticism

Biography

Dr Deborah Lee is a Consultant Clinical Psychologist, Head of Berkshire Traumatic Stress Service and South Central Complex Treatment Service for Veterans. She is also an honorary Senior Lecturer at University College London. She is author of the Compassionate-Mind Guide to Recovering from Trauma and PTSD: Using Compassion-Focused Therapy to Overcome Flashbacks, Shame, Guilt, and Fear (2013). New Harbinger, New York.

Prior to developing Compassion Focused Therapy along with colleagues at the Compassionate Mind Foundation, Dr Lee worked as a cognitive therapist at the Oxford Cognitive Therapy Centre, delivering CBT teaching and, was the CBT module coordinator and expert supervisor for the DCLinPsych at University College London,

Dr Lee has worked in the field of trauma for 25 years and specialises in the treatment of Complex PTSD. Her particular area of clinical and research interest is in shame- based PTSD and self-criticism. She has pioneered the use of developing compassionate resilience as part of a phased based treatment approach to complex PTSD. She has widely contributed to the dissemination of her clinical knowledge through writing and delivering over 150 clinical workshops and talks in North America and Europe.

Registration and General Information

BABCP Member fee: £55

Non-Member fee: £70

Refreshments will be provided. Lunch is not included but there is a café on site.

A CPD certificate for 6 hours will be issued.

Closing date for registrations is Friday 11 October 2019

For any event or booking queries please contact BABCP head office on 0330 320 0851 or email workshops@babcp.com

For venue enquiries please see website - <https://www.gmmh.nhs.uk/curve-contact-us>